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Massachusetts

JANUARY 1977

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

GOVERNMENT DOCUMENTS COLLECTION
LB5 1377
University of Massachusetts

DISCIPLINARY ACTION FOR CONTINUED PROGRAM ABUSE

Attention: Superintendents and Principals

In regard to questions relating to the denial of school meals and other disciplinary action as a result of continued program abuse, FNS(CN) Instruction 791-1 specifically prohibits the denial of free or reduced price meals as disciplinary action to children certified as eligible for such meals in accordance with the National School Lunch and Child Nutrition acts. However, the Department has no written policy which would specify the types of discipline to be used in such circumstances. Like several other activities that transpire in a school situation, sales of free or reduced price lunch tickets are almost impossible to control by regulations or by any mechanical method. However, sales of free or reduced price lunch tickets can, in our opinion be minimized by school authorities in a manner similar to methods used for other situations, such as rowdiness, smoking and littering, etc..

There is no general solution to problems of free and reduced price meal recipients selling their tickets. However, some schools have solved the problem by having students sign their tickets in ink when they purchase them or pick them up. In this way, the tickets become "non-negotiable" . This method is most successful in schools where the cashier

knows the student by name. In the larger schools, the classroom teachers may check their students'tickets before they go into the cafeteria.

We believe the abusive use of the program by students should be dealt with on an individual basis and in a manner consistent with the spirit and intent of the regulations. It should be made clear to School Principals that denying a meal to a child eligible for a free or a reduced price meal as disciplinary action is inconsistent with our regulations, and that we expect the School Food Authority through school officials to handle the matter of program abuse in the same manner as they deal with other infractions of school regulations and policy.

A NEW YEAR GREETING

The State School Lunch Staff would like to be among the first to extend to you sincere wishes for a happy and healthy New Year.

We appreciate the support and cooperation you have always given us and we will continue to serve you in every way possible. The children of the state have benefitted greatly through your efforts.

Sincerely,

John C. Stalker

John C. Stalker

TYPE A MENU REQUIREMENTS

The Type A lunch must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces(edible portion as served) of lean meat, poultry, or fish; or two ounces of cheese; or 1 egg; or 1/2 cup of cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of two or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc.,made with whole grain or enriched meal or flour.

FLUID MILK: 1/2 pint

BREAKFAST PATTERN

FLUID MILK: One half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: A one half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: One slice of whole grain or enriched bread; or an equivalent quantity of any combination of these foods.

Protein rich foods are encouraged when they can be added to the menu.

MENU OF THE MONTH

JANUARY

Shepards Pie
Pear Halves
Hot Rolls
Bonanza Cookies
Milk

PUBLICIZE YOUR PROGRAM - JANUARY 24-28
CHILD NUTRITION WEEK

Put some punch in your program! It pays to advertise a good product -- and you have an excellent one! The last week in January will be proclaimed by the Governor as CHILD NUTRITION WEEK. Once again you have the chance to feature your programs with children, parents, and community leaders.

Publicize CHILD NUTRITION WEEK in your school in a variety of ways. First, work with the teachers. Give them the menus early, so they can conduct activities around foods being served that week. The children may do some of the following:

* Listen to stories about food
* Talk about favorite foods
* Draw pictures of foods featured on the menu or make them from clay or paper mache
* Create collages of balanced meals or favorite snacks

In addition, at all grade levels, work with teachers and students in the Art Department to bring attention to this special week with posters and murals. Students in upper grades are interested in the nutritive value of foods. The U.S.D.A. booklet entitled, Nutritive Value of Food Items, Home and Garden Bulletin No. 72 is useful for gathering this type of information. It is available through the U.S. Government Printing Office or home economics teachers may have a copy. Home economics students may enjoy preparing charts and graphs of this sort. Enlist the help of teachers and students in as many areas as

possible.

Another approach is to invite parents and community leaders to visit your school. Perhaps they can join the children for a meal. Then, they will learn, first hand, of the fine quality food served.

Be sure to contact local newspapers and radio reporters. They may want to do a story about the school including interviews with teachers, children, parents, and you.

Help to start the New Year in a "smashing way". Celebrate during CHILD NUTRITION WEEK with good publicity.

MENU RECIPES

SHEPARD"S PIE (100 servings)

Ingredients	Amounts
Ground Beef	17 lbs.4 oz.
Green pepper, chopped	4 lbs.
Onions, chopped	4 lbs.
Vegetable Soup	4 cans (No. 3 52 oz. ea.)
Water	2 qt.
Salt	1/4 cup
Ground Thyme	3 tbsp.
Mashed Potatoes, prepared	100 -1/4 cup servings

Serving: 3/4 cup meat mixture and 1/4 cup mashed potato topping- provides 2 ounces cooked meat and 1/2 cup vegetable.

Directions:

1. Brown beef (use shortening if beef is lean), and cook green pepper and onion until tender. Drain off excess fat.

2. Stir in soup, water, salt, and thyme.

3. Pour into 4 baking pans (about 12 x 20 x 2 inches), about 1 gallon 1 1/2 cups per pan.

4. Prepare mashed potatoes.

5. Spread mashed potatoes over meat mixture, about 3 quarts per pan.

6. Bake at 400^0F. (hot oven) about 30 minutes or until hot.

(cont. on page 8)

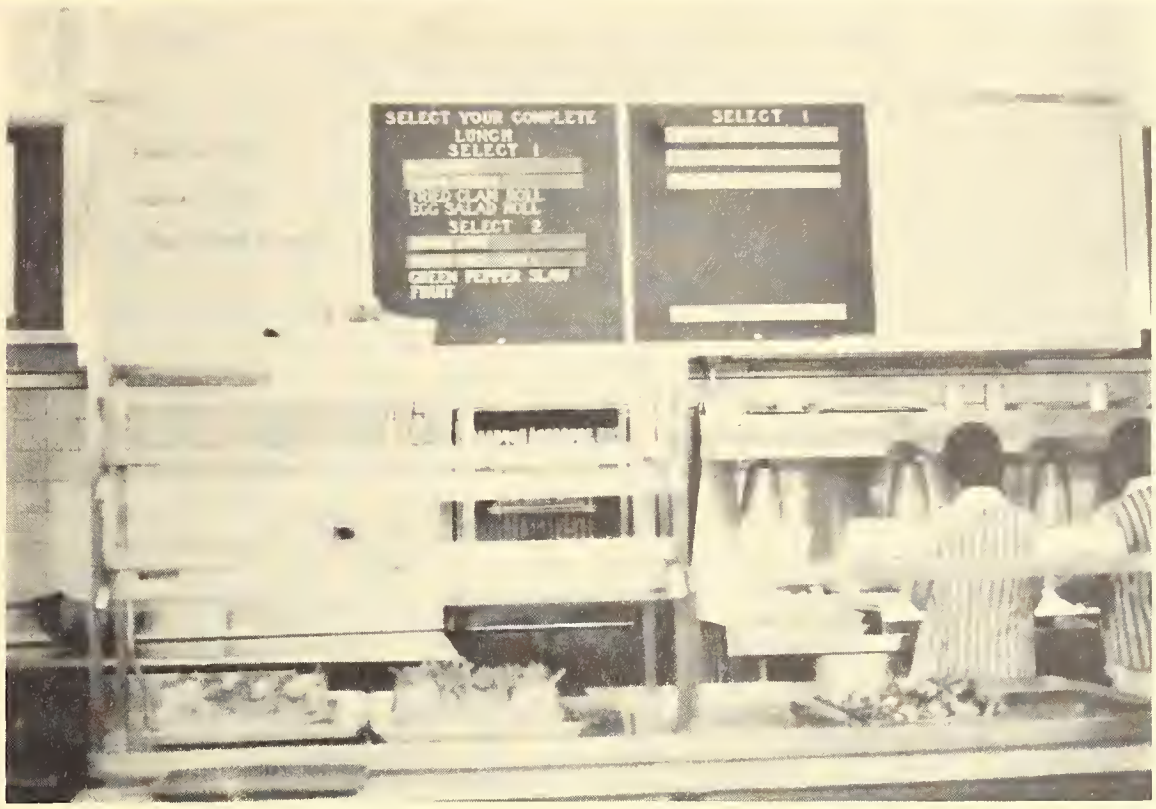
OFFER vs. SERVE at BROOKLINE HIGH SCHOOL

Mrs. Pat Sennott, Dietitian at Brookline High School, has successfully developed a system of three self-service lines where the student has the choice of one of three main fast food items , two of four or five vegetable and fruit choices, and a thick shake or milk. In this way the student always ends up with four components of the Type A meal. The regular hot Type A lunch is served in another section of the cafeteria.

In September '75 there was an enrollment of 2,048 students and an average daily attendance of 1946 students. The average participation rate in the Type A School Lunch Program was 50% for 16 school days.In September '76 there was an enrollment of 2,015 students with an average daily attendance of 1914 students. The percent participation had increased to 63% . When the new system had been worked out smoothly the average participation rate had increased 23% or 253 extra lunches from September '75.

The whole new concept of offer vs. serve has changed the typical cafeteria kitchen. At Brookline High School the presence of fryolators, pizza ovens, grills, and french fry machines add a new dimension to school food service.

Brookline High students have always been offered a choice, thus the percent participation was not that much of an increase from last year. Offer vs. serve allows the student to choose what they want to eat without being constantly told that they have to select the five different items of a Type A lunch. Also, the success of this program can be determined by the way the food is mechanized and prepared, which is so different than '75-76 school year.



Menu choice at

Brookline High.

A new concept to -

SChool Food Service.



BONANZA COOKIES

Ingredients	Amounts
Prunes	5 lb. 5-1/2 0z.
Eggs	3 oz.
Melted Butter	12 oz.
Sugar	1 lb. 12 oz.
All Purpose Flour	1 lb.
Nonfat dry milk	2 oz.
Baking powder	1 oz.
Pumkin Pie Spice	1 tbsp.
Salt	1/2 oz.
Rolled Wheat	12 oz.

(100 portions) 1 cookie or 1 bar(about 1 3/4 by 2 1/2 inches)

Directions:

1. Drain prunes, saving syrup.
2. Pit prunes.
3. "Chop" in mixer with flat beater at low speed 1 to 2 minutes.
4. Beat in reserved syrup, eggs, and butter. Beat in sugar.
5. Combine flour, nonfat dry milk, baking powder, spice and salt. Blend into prune mixture.
6. Mix in rolled wheat.
7. With No. 30 scoop (2-1/5 tablespoons) portion onto foil or paper lined pans. Bake at 350^{0}F. (moderate 20-25 minutes OR spread batter onto foil or paper-lined pan (18 by 26 by 1 inch). Bake at 350^{O}F. (moderate) 30-35 minutes. Cool. Cut 10 by 10 into bars.

MINIMUM WAGE

State and Federal minimum wage laws donot apply to public employees.

The Fair Labor Standards Act (as amended 1966) brought public employees under the law as of February 1, 1967. This was contested. On June 24, 1976 there was a court decision that public employees could not be covered by the federal minimum wage law.

This means that the wages paid to School Food Service personnel are a local decision.

COMMODITIES EXPECTED TO BE AVAILABLE IN FEBRUARY

Margarine
Cheese for Pizza
Process Cheese
Frozen Ground Beef
Turkey or Turkey Rolls
French Fries
Flour, A.P. & Bread
Cnd. Applesauce
Cnd. Peaches
Peanut Oil
Rice
Peanut Butter
Cnd. Beef
Macaroni
Spaghetti
Dry Milk
Mayonnaise
Cnd. Green Beans
Dry Beans
Shortening

**Shipping and purchasing difficulties may make some variation in the above list.

FLOUR

Both bread and all-purpose flour is being purchased and should be delivered in January and available to you in February. The quantity purchased is much less than we had hoped for, but we estimate it will take care of your needs for February and March.

STORAGE

We are now receiving large quantities of commodities which we realize will over-tax your storage rooms. It is most important that the oldest commodities be used first so as to prevent spoilage.

DELAYS AT THE WAREHOUSE

Yes indeed we have taxed them beyond capacity. If you will note there are from twenty to twenty-three commodity items on the Ordering Form, you may better understand how long it takes to load some two hundred trucks that come to our warehouses. In the month of October, there were 74,272 cases of foods issued from our warehouses in a period of ten days. These cases equal 2,969,680 pounds.

COMMODITY VALUE

Each month we have as many as one hundred telephone calls asking for the value of the commodities received that month. Our bookkeeping machines that complete this value are two to three weeks behind in obtaining this information. This means our personnel must look up your order and manually figure it, a delay to you and a big interruption to us. We suggest that this value which you need for your Financial Report be taken from the previous months Service Charge Bill that we sent to you. By so doing you will have this information immediately for your report making it unnecessary to telephone this office.

ONE LUNCH PER STUDENT PER DAY

We call to your attention that under Public Law 94-105, the United States Department of Agriculture has reaffirmed its committment to provide reimbursement for one lunch, meeting the nutritional requirements, per student per day.

Regulation 210;11 Reimbursement Payments paragraph (a) is revised to read as follows:

(a) State agencies shall make reimbursement payments to schools only in connection with lunches meeting the requirements of #210.10. General cash-for-food assistance payments shall be used to assist schools in financing the cost of obtaining food. Special cash assistance payments shall be used to assist schools in financing the cost of providing free and reduced price lunches served to children eligible for such lunches. School food authorities shall plan for and prepare lunches on the basis of participation trends, with the objective of providing one lunch per child per day. Production and participation records shall be maintained to demonstrate positive action toward this objective. In recognition of the fluctuation in participation levels which makes it difficult to precisely estimate the number of lunches needed and to reduce the resultant waste, any excess lunches that are prepared may be served to eligible children and may be claimed for reimbursement unless the state agency determines that the school food authority has failed to plan and prepare lunches with the objective of providing one lunch per child per day. In no event shall the school food authority claim or be

eligible for special cash assistance reimbursement for free and reduced price meals in excess of the number of children approved for free and reduced price meals.

GETTING THE WORD OUT ON BREAKFAST

Perhaps the greatest and easiest way to advertise breakfast is by utilizing logos such as: "Get The Breakfast Bounce","Drink a Toast to Breakfast", etc.Logos like these can be attractively placed on school supplies e.g., book covers, pencils, buttons, pennants, school stationary, etc. If your school has a book store, this would be a convenient area to prominently display breakfast posters developed around the ideas and suggestions. Besides the book store, our poster ideas could be used on posters throughout the school, e.g. bulletin board, cafeteria, office, halls, etc.., adding attractive color and design. Breakfast patches for levis would be hot selling items at your school store.

The utilization of student leaders to endorse breakfast can be an invaluable aid. For example, school atheletes could promote breakfast by actively participating in the school food service program. School cheerleaders could "give a cheer for breakfast" at school assemblies. A student council or student senate member's endorsement of breakfast could also serve as an effective advertisement.

There are numerous classroom activities conducive to breakfast promotion. Pop art exhibits using paper mache or snow sculptures would be creative and fun ways to focus student attention on breakfast. Collages made of breakfast food labels are a possibility. Kindergarten children would delight in using food models or cutouts of food pictures to select and display nutritious breakfasts.

There are a multitude of ways to advertise and promote the breakfast program. We have only skimmed the top of what is a deep pool of ideas. We hope that these ideas will aid you and that you will use them to develop more.

MSFSA Notes

Our country's Bicentennial year of celebration has been historically exciting and eventful. We in School Food Service have joined in this celebration and we are proudly displaying Bicentennial Banners in our schools.

Now, we must look ahead. The future of our country depends on the health and education of today's children. At this very beginning of 1977 let's resolve:

1. To educate our children in nutrition.
2. To serve nutritious foods in such a manner that it will be eaten and enjoyed.
3. To attend School Food Service meetings, conferences and seminars for our education and improvement.
4. To send in our M.S.F.S.A. and A.S.F.S.A. membership dues if we haven't already done so.
5. To recruit a new member in our professional organization.

Each year the M.S.F.S.A. gives five John C. Stalker Scholarships and one special "Cooley" Scholarship to a manager. These are presented to the recipients at the Annual meeting in April. At this time pins and certificates are given to those people who have worked in School Food Services for 20 years. In order to determine who will receive these scholarships and awards it is necessary to send your names in before March 31. Please send your names to: Shirley Kristenson
42 Hawthorne St.
Westwood, Ma. 02090
Forms for scholarships will be forwarded to you.

The Massachusetts Food Services Educational Council will hold it's 24th Annual Food Management Seminar on January 19-20, 1977.

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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Massachusetts

FEBRUARY - MARCH

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BREAKFAST AT SOUTH EAST ELEMENTARY SCHOOL

Ruth Sango, manager of the cafeteria at the South East Elementary School in Leominster, makes sure that 170 children are fed every morning. South East Elementary School was the first school to start this program in Leominster. The school's success has started the Breakfast Program throughout the school system, and now Leominster serves a total of 620 children.

The menu at South East Elementary School consists of juice, cereal or a donut, and milk. Three fourths of this school are needy children and 25 of the children are paying customers. Each child receives an index card as they enter the cafeteria line, and by a coding system which can only be interpreted by the cafeteria help determines the status of each child (free, reduced, paying).

The success of this program is due to the fact that the children really need the nourishment. Class participation has increased in the classrooms since the implementation of this program. The attitudes of the school food service personnel are tremendous which makes breakfast even more enjoyable. Happy faces at 7:45 A.M. manifest the success at the South East Elementary School in Leominster.



Happy faces are a reflection of the success of breakfast at the South East Elementary School in Leominster.





Special index cards with a code on them indicates a free, reduced or paying child.



SUBSTITUTIONS IN MEALS SERVED UNDER NATIONAL SCHOOL LUNCH AND CHILD NUTRITION PROGRAMS BECAUSE OF MEDICAL AND OTHER SPECIAL DIETARY REASONS

Substitutions may be made for medical reasons in any one of the food components of meals served in programs sponsored under the National School Lunch Act and the Child Nutrition Act, provided that such substitutions are authorized by a physician.

The physician should specify in writing the food or foods to be omitted from the child's diet and the food of a choice of several foods that may be substituted. Medical orders for such substitution should be kept on file at the school.

Reimbursement for meals served with a certified substitute food rather than the food specified in the pattern shall be claimed at the same reimbursement rate as meals which meet the regular meal pattern. This means that all other components of the meal are served as specified in the pattern for the said meal, the only exception being the authorized substitution.

Nothing in the forgoing is meant to require school lunch or other child feeding programs to operate special diet kitchens. Usually, there is no difficulty acquiring a substitute food item. However, if the authorized substitute foods are not normally kept in the inventory of the school lunch or other child feeding programs or are not generally available in local markets the parents should provide the substitute food prescribed by the physician.

USDA PROVIDES FOR GREATER FLEXIBILITY IN SCHOOL BREAKFAST PROGRAM

BURLINGTON, MA, DEC. 2-- The U.S.Department of Agriculture(USDA) today announced an amendment to the School Breakfast Program regulations to provide greater flexibility in the meal pattern by allowing the service of a vegetable in the meal. Previously, School Breakfast Program regulations called for the service of fruit or full-strength fruit or vegetable juice as part of the breakfast pattern. Under the amended regulations, the breakfast pattern includes a serving of bread or cereal, milk, and fruit or vegetables, or full strength fruit or vegetable juice.

Officials of USDA's Food and Nutrition Service say the nutritional standards for the breakfast pattern will be enhanced or maintained by permitting the service of vegetables. At the same time, the service of vegetables will give States and schools greater flexibility in program operations.

DATE TO REMEMBER

Spring Seminar for Supervisors and Managers Tuesday, April 12, 1977 at the Sheraton Inn, Boxborough, Mass.

OFFER vs. SERVE

The new OFFER vs. SERVE isn't so new any more. It was effective June 3, 1976, and was mandated to minimize plate waste in the senior high schools. This law offered students the choice of selecting at least 3 of the 5 food items contained within the four food components of the Type A lunch.

Instead of using this law to the school's advantage, the cafeteria supervisors are avoiding the issue hoping that "it" will go away. Offer vs. Serve is here to stay, and the time is now to start planning on giving the students a choice of vegetable and/or fruit and main dishes, and taking effective measures to publicize the option of selecting at least 3 items.

Public Law 94-105 (Offer vs. Serve) was implemented to correct the excessive plate waste present in most senior high schools. Barrels full of waste serve no purpose, and if a USDA representative visits your school and sees that Offer vs. Serve is not being put to use, you and your school system will be subject to criticism .

Offering a variety, allowing the students to choose, will decrease plate waste and the students will eat what they have chosen.

The State Field nutritionists are available to help you and answer any questions that you may have in how to implement this law.

HOW DO YOU RATE?

How do you rate? After operating the food services for two months ask yourself, "How do I rate?" Review your operation and make note of your accomplishments and possibilities for future improvement. Taking time to list them on paper might be helpful.

PARTICIPATION RATE?	UP?____ DOWN?_____
WHY?	Quality of food served?_____ Quantity of food served?_____ Serving line problems?_____ Lunch schedules?_____
Menus?	Nutritionally adequate?_____ Planned in advance?_____ Choices offered?__ Students involved?_____ Pre-costed?_____
PRODUCTION?	Standardized recipes?_____ Motion Study?_____ Workers schedule?_____Portion control?____ Equipment scheduled?_____
PROCUREMENT?	Inventory controls?_____ Advanced purchasing?___ Organized storeroom?_____
FACILITIES?	Adequate?____ Clean?_____ Refrigerator?_____ Freezer?____ Storage-dry?_____ Equipment arrangement?_____ Garbage disposal?_____
PERSONNEL?	Over or understaffed?_____Adequately trained? COoperative attitude?_____
PUBLIC RELATIONS?	Lunchroom policies known?_____ Nutrition facts?_____ Communtiy spirit?_____

*Taken from "Palmetto Lunches", South Carolina School Food Newsletter, November, 1976.

DO YOU KNOW YOUR SPECIAL MILK REGULATIONS?

Every child who is eligible for a free Type A lunch is also eligible for one extra carton of milk. It is your responsibility to make this known to these children.

If you are offering a choice of milks-whole, flavored or lowfat, the selling price for all types must be the same. For example chocolate milk cannot be sold at a higher price than white milk.

The price charged to adults purchasing milk should cover the full cost of the milk, the labor for handling and selling plus the Mass. tax.

For accurate daily counts for Special Milk sold to students and adults,a correct inventory of milk delivered, served and left-over must be taken daily.

THE USE OF YOUR TIME--ARE YOU IN CONTROL?

You have an unlimited number of things to do in a limited amount of time, and in order to cope, you must simplify your activities, set honest priorities, eliminate wheel-spinning, and use common sense in allocating your time.

So, where do you begin? Well, don't make the usual mistake of starting with the question, "How can I do everything more efficiently?" Efficiency has its place, but management experts today use a broader concept ---effectiveness to analyze time use.

Efficiency is concerned with the best way to do something. Effectiveness is concerned with whether you should be doing it in the first place, or whether your time might be better used on something else . Management Consultant, Peter Drucher, put it this way: "Doing things right is not as important as doing the right things."

To determine whether you are spending your time efficiently -- that is on the right things --- you must relate time to use your own personal goals both in the home and on the job. And since most people don't have clearly defined personal goals, that's where we must begin. It is necessary that you do this in writing. Goals tucked away in the back of your head tend to be general and fuzzy. Written goals tend to be specific and clear--and if they're not work them over until they are.

Your list of goals should contain some lifetime goals, possibly goals for the coming year, and some may be daily, weekly or monthly goals.

After you have determined a goal you wish to reach, decide on the specific activities which will help you reach that goal. This will be your action list. Then set priorities to allow you to select the most

YOU'VE GOT TO HAVE A HEART

It seems that for the month of February we will need to have a lot of heart. Charlie Brown reminds us that St. Valentine's Day is celebrated to show our love and affection for favorite friends and family members. Card, candy, and flower shops do a hearty business, too.

February is also American Heart Month. Each year the American Heart Association calls our attention to the fantastic physical feats of this small but vital organ. It is only the size of a closed fist, but it manages to work 24 hours a day, every day of our life, pumping approximately 10 tons of blood through 60,000 miles of blood vessels to carry nutrients and oxygen to each cell. In spite of this enormous responsobility, many of us neglect and abuse this organ.

Coronary heart disease is the major cause of death in the United States. A number of factors contribute to its occurence and severity. These include:

1. High blood pressure (hypertension)
2. Stress
3. Obesity
4. Cigarette Smoking
5. Lack of exercise
6. Diet (blood cholesterol)

Our poor eating habits are considered by many to be the most important risk factor. For a variety of reasons, we purchase and consume too many thick, well-marbled steaks; double hamburgs with bacon, cheese and a special sauce; rich, cream filled pastries; chocolate-ty chocolate

bars and gooey ice-cream treats. The *All American* breakfast consists of bacon, eggs, toast with gobs of butter followed by cups of coffee with lots of creamer.

And, unfortunately, coronary heart disease does not begin at 50 or 60 years of age. High blood cholesterol levels have been found in young children, and especially teenage boys. If you are concerned about the health of the students in your school try a few "heartening" changes:

* Offer fortified skim milk
* Go easy on the butter or margarine (Remember it's no longer required.)
* Use more fish and poultry as your budget or commodities allow

To help these changes to be taken to heart, cooperate with the home economics and health education staff. Contact your local heart association for additional ideas and support.If we've got to have heart let it be a very healthy one.

VACANCY

Position: Supervisor of Food Services (10 month position)
Auburn Public Schools

Closing date for application: February 6, 1977

Salary: Range 10,500 to 12,500, commensurate with professional training and experience.

Letter of application: A resume of your professional backround and qualifications should be sent to:

Dr. John A. Waters,
Superintendent of Schools
102 Central Street
Auburn, Massachusetts 01501

COMMODITIES EXPECTED TO BE AVAILABLE IN MARCH

Margarine
Cheese for Pizza
Process Cheese
Froz. Gr. Beef
Turkey
French Fries
Flour AP & Bread
Cnd. Applesauce
Cnd. Baked Beans
Cnd. Peaches
Peanut Butter
Cnd. Beef
Peanut Oil
Macaroni
Spaghetti
Shortening
Dry Beans

***Shipping and purchasing difficulties may make some variation in this list.

COMMODITY VALUE

On the back of the Commodity Order Form you will note an extra column has been added showing the value (per case) of each commodity listed on the front of the form.

CHECKS FOR SERVICE CHARGES

Would you kindly check with your city or town treasurer and ask that if a copy of the Service Charge Bill which we sent to you cannot be returned with the check then ask that the Bureau of Nutrition Education and School Food Services be typed on the check. The Department of Education has two buildings with many floors so when a check is received in the central mailing office made out to the Commonwealth of Mass, Department of Education, it goes from one office to another for identification and many times never reaches this bureau.

MARGARINE AND BUTTER

When our supply of margarine is exhausted then butter will be allocated. You will note chat the allowance is now one pound per child. If you can use more than this attach a note to your commodity form (staple it on) and tell us how much more you want.

SECTION 6 ALLOCATIONS

The quantity of Section 6 commodities that your school is entitled to is based on the average daily number of "A" meals you serve. Many commodity orders received at this office show a much higher figure than we find when we check the "A" meals reported on your monthly claim. When you use an inflated figure to order ground beef, chicken or turkey you must expect to be disappointed as we will base the amount you are to receive on the figures submitted on your claim. Usually this amount is less than the amount ordered. This office has no choice but to allocate on the average "A" meals served daily as the quantity of a commodity

on the average "A" meals served daily as the quantity of a commodity received from the U.S. Department of Agriculture is based on the average "A" meals served daily in our state.

We understand that in many schools when chicken, turkey or beef is served your participation is high for that day. Therefore, it is quite probable you will have to purchase additional quantities of these items. We assure you that if we had an unlimited amount of Section 6 commodities we would be pleased to allocate all you could use.

HISTORY - SIXTEEN YEARS AGO

If you were in the School Lunch Program sixteen years ago the commodity Ordering Form of February 1960 would list the following commodities as available:

Butter	Milk, Dried
Cheese	Rice
Corn Meal	Turkey
Flour A.P.	

WE'LL MISS YOU MA HASTINGS!

Mrs. Theresa Hastings has retired after 30 years service for the school lunch program in Shrewsbury, Mass.

Mrs. Hastings better known as MA to students and faculty alike has worked at the Coolidge School as a cook and manager since 1946. To celebrate her retirement she was guest of honor at a Hawaiian Party. She was presented a Hawaiian Lei and a "This is your Life" presentation was given by a member of the Faculty. On her last day at Coolidge each class did something special in her honor. One class made scrap books, another sang songs , another presented her with a cap and gown . She in her usual fashion purchased icecream for all the students at their Christmas Party. Ma has no intention of sitting in a rocking chair after retiring. She will continue to visit with patients at the Westboro Nursing Home, and will stay active in the community as well as her church. She has been an active member of MSFSA and ASFSA for many years.



effective activity to do now.

Of course, many of the trivial and routine things still have to be done. How can one cope with these efficiently? Sit down and analyze how you are spending your time. This can be done with the aid of a time log- a record you keep for several days, stating perhaps in 15 minute intervals how you spend your time. You may be surprised how much this procedure can help you get control of your time. Seeing a record of your day in writing can be unnerving, but without it, we fool ourselves into thinking we spend far more time than we do on meaningful tasks, and overlook wasted time. Keeping a time log both in the home and on the job can be profitable to you. With the aid of your log, analyze everything you do in the light of these three questions:

1. What am I doing that doesn't need to be done?
2. What am I doing that could be done more efficiently?
3. What am I doing that I could delegate to someone else who could do it as well as I?

Many of the most successful people keep a "to do list". This kind of list is one of the real secrets of getting more done. Keep it visible and use it as a guide to action as you go through the day. It isn't necessary to list every routine task but do list everything that has high priority today and might not get done without special attention.

Whenever you find yourself putting off a task because it's a big one or an unpleasant one, make a list of the steps to be taken. Break it down into a number of small tasks . Each of these tasks will be small enough compared to the overall job that you will find it manageable. Often when you get one part finished, you have enough momentum to

continue. But if not, don't worry---you've completed one part of the task you've been putting off, and that will give you a psychological lift---you have broken the log jam.

Cultivate the habit of thinking in terms of today. Don't waste time in the past, wishing you had done things differently. Nor should you live too much in the future conning yourself with vague plans about all the things you are going to do someday. Learning the value of today is the essence of effective management of time.

From: The Time Of Your Life, How To Use It, Stretch It, Save It.

By: Edwin Bliss House and Garden, August 1976.

BUSY MOVING?

The reason for this double month issue is that we are getting ready to move. As soon as we make the move you will be notified of our new address.

HELP CONTROL PLATE WASTE BY THE CAREFUL USE OF "OTHER FOODS"

One way to help control plate waste in the school food service is to use caution in selecting "other foods" to help supplement the Type A lunch pattern. The Type A lunch is designed to meet 1/3 of the nutritional needs of 10-12 year old children and, all too often, extras are added to this luch pattern that dull the appetite and cause nutritious foods to be unconsumed and thrown away.

School lunch is a training program to help children develop a taste for a variety of food that is good for them. Since this a learning process, some plate waste is going to occur in every lunchroom due to personal likes and dislikes. But excessive plate waste, due to poor menu planning and too much extra food that does not meet requirements, should be corrected.

The "other food" group tends to contain high carbohydrate foods, meaning high in calories, and since these are usually popular food items they tend to be eaten first, quickly satisfying the appetite and leaving the more nutritious food to be thrown out.

It is true that "other foods" are needed to "round out" a menu, but if too much plate waste is occuring in your cafeteria, check the menu and see if too many "other foods" are being used.

It should be the goal of every school on the National School Lunch Program to meet the requirements of the Type A lunch, and to serve a nutritious lunch which will be consumed.

*This was taken from Chuckwagon Roundup, Texas Education Agency.

TYPE A MENU REQUIREMENTS

The Type A lunch must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces (edible portion as served) of lean meat, poultry, or fish; or two ounces of cheese; or 1 egg; or 1/2 cup of cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of two or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

MILK: 1/2 pint

BREAKFAST PATTERN

FLUID MILK: One half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: A one half cup serving of fruit or vegetables, or full strength fruit or vegetable juice.

BREAD OR CEREAL: One slice of whole grain or enriched bread; or an equivalent quantity of any combination of these foods.

Protein rich foods are encouraged when they can be added to the menu.

MENU OF THE MONTH

FEBRUARY-MARCH

Minute Steak with Gravy
Green Beans
Hot Buttered Rolls
Cherry Torte
Milk

MINUTE STEAK

Yield 100 Portion 2 oz.

Ingredients	Amounts
Ground Hamburger	17 lbs.
Bread, broken	1 lbs. 14 oz
Salt	To Taste

Directions:

1. Add enough milk to bread to soften.
2. Mash bread thoroughly and add to meat. Add salt and mix thoroughly.
3. Scoop meat into ungreased baking sheet, spacing enough to mash flat and shape to look like steak. Wet fingers and mash meat flat.
4. Cook at 400^0 F. about 12 minutes.
5. Remove to serving pans, stacking in rows to almost fill pan.
6. Make a brown gravy to cover steaks.
7. Bake at 350^0 F. until tender.

BAKED CHERRY TORTE

Yield: 100 portions

Ingredients	Amount
All-purpose flour	3 lbs.
Cinnamon	1 oz.
Baking Soda	3/4 oz.
Salt	1 Tbsp.
Sugar	5 lb. 13 oz.
Eggs	1 lb. 5 oz.
Butter or Margarine,softened	4 oz.
Almond Flavoring	2 Tbsp.
Canned Red Tart Pitted Cherries,drained	11 lbs.
Nuts, chopped	1 lb. 8 oz.
Cheery Liquid	4 lb. 8 oz.
Sugar	1 lb.
Cornstarch	9 oz.
Salt	1 1/3 Tbsp.
Butter	2 Tbsp.
Almond Flavoring	2 tsp.
Red Food Coloring	1 tsp.

Directions:

1. Blend dry ingredients except sugar.

BAKED CHERRY TORTE (cont.)

2. Combine 5 lb. 13 oz. sugar, eggs shortening and flavoring. Beat 5 minutes in mixer on high speed.
3. Fold in dry ingredients.
4. Fold in cherries.
5. Pour into 4 greased baking pans(about 12 by 20 by 2 inches) about 6 lb. per pan. Sprinkle with nuts, 1 1/2 cups per pan.
6. Bake at 350°F. (moderate oven) for 1 hour or until done.
7. Heat liquid to boiling.
8. Mix together sugar, cornstarch and salt; stir into hot cherry liquid. Cook, stirring constantly, until mixture comes to a boil Boil 1/2 minute.
9. Stir in butter,flavoring and food coloring.

PORTION: 1 piece cake about 2 by 3/4 inches plus sauce- provides 1/4 cup of fruit.

CHRISTMAS FOR THE ELDERLY

Winthrop Junior High School serves approximately 132 elderly men and women per day. They receive a"Type A" lunch and pay a fee of 50¢ per meal. On December 21, 1976, 200 elderly congregated together to celebrate Christmas and the birthday party of Mr. Cowin, 100 years old. The menu was hot soup, baked chicken with all the fixings, and dessert of the day. There was a large cake for Mr. Cowin and there was 14 other men and women that were given small cakes to celebrate their birthday for the month of December.

Center pieces made from Styrofoam and magazines took the forms of angels in the center of each table. The words "Merry Christmas" were written on the back of one place mat at each table, which made one eligible to win the center piece. The school glee club serenaded the folks with Christmas carols and cheers of joy for the holiday season. Together with friends, good food, and the site of children helped these elderly people welcome in a season of joyous holidays.



Mr. Cowin is seated directly behind the cake with the 100 on it. The other people seated around him also had birthdays during the month of December.

MSFSA Notes

It's February and the school year has passed the half way mark. How quickly time goes by!

Shortly, members of M.S.F.S.A. will be receiving ballots listing the names of qualified candidates for next year's officers and area delegates. As a member take advantage of your voting privilege. Please follow instructions when voting Many votes are disqualified because instructions are not followed carefully.

One of the highlights of the year is the Annual Meeting. This will be a dinner meeting to be held in April. At this time newly elected officers and area delegates will be installed, twenty year pins and certificates will be awarded and scholarship announcements will be made. The program will be interesting and enjoyable for everyone. A large attendance is expected again this year. Don't miss out, start planning now to join us for this special event.

Let's all remember our challenge to increase participation in our School Food Service programs. With St. Valantine's Day, Lincoln's birthday and Washington's birthday, this is a great month for merchandising.

Are you attending your Area meetings?

Have <u>you</u> enlisted a <u>new</u> M.S.F.S.A. member yet?

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS

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Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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Massachusetts

APRIL - MAY 1977

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT

IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

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WHEN DIFFERERENT MEANS BETTER.....

Children at the Gill Elementary School in western Massachusetts no longer wait in lines for their school lunch to be assembled on trays and rush for a seat at a table with their friends as they did when lunch was served in the traditional cafeteria style. Instead, lunch is "family style" and the students are seated at pre-set tables while other students serve them with large bowls and platters of the menu items.

Robert Wood, Principal of the Gill School, implemented family style lunches on a trial basis last Spring with results so positive that the program became a permanent part of the students' day with the 1976 school year.

Students take the responsibility

There is great emphasis on student responsibility in this program and Mr. Wood believes that this helps make every part of the school day, not just classroom time, a learning experience. The entire teaching staff was involved in developing the program and their daily participation is required, not because it is mandated, but because the cooperation of the whole school community is what makes lunch "family style" and insures the program's success.

All 125 children of grades 1 - 6 eat together, with work duties assigned on a two week time schedule to grades 4,5, and 6. The younger children are "guests" all year. The working students are responsible for converting the all-purpose room in the school to a dining-room by setting in place light weight tables and chairs. They then supply each table with the necessary napkins, silverware, milk cartons and condiments. After all the students are in the dining-room and seated at their assigned tables, the working students serve each table with family size portions of each item on the menu, except desert. They then have the on-going responsibility of replenishing serving dishes, bringing desert and finally clearing the tables and restoring the dining-room to its all-purpose state.

It is both amusing and amazing to see 20 - 25 fourth grade children prepare a room in 15 minutes, take part in lunch with the entire group, remain behind another 15 minutes to do the clean-up routine - all the while working rapidly and in good spirits - with their classroom teacher as the only supervising adult.

Continued on page 2

Continued from page 1

Program features unique arrangement

One unique feature of Mr. Wood's program is the variety of ages of the children assigned to each table. This mixture of ages is predesignated by the class on lunch room duty and each member of the teaching staff is assigned one or two tables at which to sit and participate in lunch with the pupils assigned there. Mr. Wood is pleased with this arrangement as it more closely resembles a family situation, and encourages interaction between age groups as well as between students and staff members.

Changes for lunch room staff

What kind of changes does "family style" require of the lunch room staff? For Mrs. Hazel Tuttle, food service supervisor at the Gill School, and her assistant, the major responsibilities of planning, purchasing, cooking, keeping records of all kinds - have remained largely the same as before. One main difference however, is that student contact is reduced to only the grade having work assignments. They miss the pupil chatter and reaction to foods - especially if a favorite baked item is on the menu or a holiday baked food is offered.

Another situation requiring experience is in quantities of food to send out to dining rooms in serving bowls or platters - contrasted with individual plate portioning done before. There still continues a little uncertainty and apprehension that if children serve themselves the tiniest dab of mashed potato instead of the expected 1/4 cup or 1/2 cup, that waste may happen (at serving bowls not on plates) with cooks not at the scene where serving and eating take place. Experience is keeping this factor in allowable limits.

The advantantages of the program

After several months of experience, Principal Wood sums up what he feels are the advantages of his program like this:

1.) "Family style" is bringing the school (pupils and staff) together better than before

2.) It has brought increased lunch participation

3.) It is improving contacts between youngsters

4.) It is reducing plate waste

5.) It is improving children's interest in the lunch program by their activities; such as writing up the menus for posting in classrooms, and,

6.) It is making lunch service more efficient.

It seems that the greater students become involved, the greater they value the lunch itself and their fellow students and staff.

WATER-- WATER EVERYWHERE

Why do we need water?

It is possible to exist without food for a long period of time but without water, survival is limited to a few days. In early times when man traveled from place to place in search of food, he always stopped near a source of water. This has been true throughout history.

Some scientists consider water as the sixth class of nutrients. The others are Protein, Carbohydrates, Fat, Vitamins and Minerals. Water may supply some trace minerals but most importantly, it is necessary for life.

What does water do for us?

About 60 percent of the body is made up of water. It is necessary for digestion; it carries food to every cell in the body and carries away waste. It also controls body temperature.

When we breathe out we lose body moisture. Students can see this by breathing on a mirror and noticing the mist that forms. Or on a cold day they can "see their breath". Moisture is lost through perspiration and excretion.

Where do we get water?

Obviously, fluid enters the body through drinking water, or other fluids such as milk and fruit juices. However, all solid foods contain water. Fruits may contain as much as 80 percent water and bread about 35 percent. Even uncooked macaroni is 10 percent water.

How much do we need every day?

The amount of water we need depends in part on whether we are children or adults. Thirst, too, helps to regulate the need for water. An easy rule to remember is that adults need to drink 6 to 8 glasses of fluid a day, in addition to the water they get from food and children need about half that amount. The temperature helps to determine our need for water. When it is warm and we perspire more, we need more fluid. Lots of exercise creates an increased need for water.

What does this mean to us?

This information emphasizes the importance of adhering to the meal pattern established by the United States Department of Agruiculture. The Type A lunch pattern furnishes 1-1/2 cups of liquid, if fruit juice is used along with milk. Both of these foods supply many essential nutrients as well as the "elixir of life"-- water.

the breakfast pattern

FLUID MILK: One half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: A one half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: One slice of whole grain or enriched bread; or an equivalent quantity of these foods.

Protein rich foods are encouraged when they can be added to the menu.

type A menu requirements

The Type A lunch must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces (edible portion as served) of lean meat, poultry, or fish; or two ounces of cheese; or 1 egg; or 1/2 cup of cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of two or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full stength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

MILK: 1/2 pint.

OFFER VS SERVE

George Cole and Mary Lovely are two food service managers who have taken the time and effort to offer variety and choice in their school lunch programs. Their respective programs at North Quincy High and Southeastern Regional Vocational High School have been advertised through the school newsletters and the students are well aware of their freedom to choose three out of the five items offered in a Type A Lunch.

Due to their efforts, their participation has increased and the sudents eat what they choose, thus reducing plate waste.

Offer vs. Serve can be successful in any high school system. All it takes is the creative ability to offer a variety in high quality meals, and a little bit of love.....

USDA Update.....

recall----

WASHINGTON, January 14 ------ The U.S. Department of Agriculture (USDA) today announced a voluntary recall of the three-pound size Nepco Brand refrigerated canned hams bearing the code "2786D" and USDA plant number "EST 111". The lot code number "2786D" is embossed on the front panel of the can.

Consumers in the New England States' area, where the product is distributed, are urged to return the canned hams unopened to the stores where purchased.

Nepco hams are distributed by the New England Provisions Co., Inc., Boston, Mass., a subsidiary of Wilson Foods, Inc.

Dr. Fred J. Fullerton, deputy administrator of USDA' s Animal and Plant Health Inspection Service (APHIS) said that some of the cans in the affected lot were apparently shipped or stored without proper refrigeration. Some of the cans were found swollen by a USDA inspector and subsequent lab tests verified that the canned hams were spoiled.

"Eating such a product may cause illness", Dr. Fullerton said. "Therefore, the recall is precautionary."

APHIS said the recall involves approximately 5,300 cans processed in lot number "2786D". Of this total, some 2,300 cans already are accounted for.

correction----

On page 2 of the Food Buying Guide, the yield information on SEAFOOD CAKES, FROZEN (70 percent seafood) 3-oz cake, 2½ oz cake, and 2 oz cake is not based on a standard, and the yield data are not representative of the Seafood Cakes or Surfburgers now available on the market. Please delete the information on page 32 on Seafood Cakes (Column 1,2, 3,4,5, and 6) from the Food Buying Guide for Type A School Lunches, PA-270, September 1972 or reprint 1975.

Seafood Cakes can be used in Child Nutrition Programs but the equivalent cooked fish content of a serving, to the Type A lunch will have to be determined on an individual product basis, until there are standards for such products. (A 3 0z breaded seafood cake containing 70 percent seafood will provide 1.47 ounces equivalent of meat and meat alternate for Type A pattern requirements.)

breakfast at the Humphrey Street School



Rice Krispies, Puffed Rice, Puffed Wheat, Corn Flakes, Milk, assorted juices and sometimes danish, create breakfast at the Humphrey Street School. Sugar free cereals is the main point of interest in this program.



The children eat a nutritious meal without the "sugar coated", "candy-like" cereals.



They usually serve about 80 breakfasts daily and the students participate in the preparation and clean up procedures within this program.



Happy and contented faces reflect the success of Breakfast at Weymouth's Humphrey Street Elementary School.

June is Dairy Month

Holy Cow!! June is Dairy Month and it's coming soon!! This is a great opportunity for nutrition education in the cafeteria and the classroom. Do you know that:

* Milk and milk products such as cheese, yogurt, cottage cheese, and ice cream are our main source of calcium, providing 3/4 of the day's calcium needs.
* Three glasses of milk provide younger children with 2/3 of the protein recommended daily and all of the B Vitamin, riboflavin, needed every day.
* Milk supplies good amounts of Vitamin A and Vitamin D.

Protein and calcium are essential for adequate growth and development as well as proper bone and teeth formation. Riboflavin helps to release energy in foods, and to keep the eyes, skin, and mouth healthy. To preserve these nutrients, always refrigerate milk below 40 degrees F, keep it out of direct light, and cover it tightly. If stored correctly, milk will stay fresh for a week or more.

Use "June Is Dairy Month" to emphasize foods made with dairy products. Serve puddings and custards made with milk, or ice cream for a special treat. Plan menus incorporating cottage cheese and yogurt. Include foods made with cheese such as macaroni and cheese, grilled cheese sandwiches, cheese pizzas, cheese breads, foods in cheese sauce.

Cooperate with teachers. They can help students make cottage cheese, yogurt, and other milk and cheese products in the classroom. Science and home economics students can make graphs showing the nutrient content of foods in the milk group. You can visit classroom to discuss the nutritional importance of milk and foods from the milk group. In elementary schools, put up pictures of dairy products and pictures showing where they come from.

Teachers might arrange field trips. Students in the greater Boston area can visit the "June Is Dairy Month" display on the Boston Common, June 6-11. The "June Is Dairy Month" mobile unit will be touring Massachusetts during the rest of the month.

If possible, teachers can plan a trip to a local zoo. Franklin Park Zoo in Boston has a farm animal display where children can help feed and milk the animals. The following materials are available from local New England and Food Council offices:

Dairy Farm Panorama
Model Dairy Farm
Cow Bell Collection
Model Cow
Pictures of major cow breeds

Films: Uncle Jim's Dairy Farm
The Dairy Farmer
Filmstrips: A Trip to the Dairy Farm
The Story of Milk
Many Work to Bring Us Milk
Milking

Let's finish the school year with greater classroom/cafeteria involvement in nutrition education. Make "June Is Dairy Month" a real learning experience.

MENU OF THE MONTH

Oven barbecued chicken

Special Southern Sweet Potatoes

Buttered Spinach

Waldorf Salad

Chocolate Surprise Cake

Milk

FEATURED RECIPES

SPECIAL SOUTHERN SWEET POTATOES

Approximately 125 servings

Yams	6 #10 size cans
Applesauce	1 #10 size can
Peanut granules	½ #10 size can
Butter (melted)	2 lbs
Lemon juice	¼ cup
Brown sugar (preferably dark)	1½ lbs
Cinnamon	2 Tbsp
Nutmeg	2 Tbsp

1. Drain yams and rinse well with cold water.
2. Place in 2 or 3 12x16x4 in pans.
3. Mix all other ingredients well and pour even amounts over the yams.
4. Bake at 350 degrees for 30 to 40 minutes.

CHOCOLATE SURPISE CAKE

(Masconomet Regional School)

Pan Size - 18x26x2 in.
Each pan is cut in 70 servings.

Cake:	3½ pans
Flour	6 lbs
Baking Powder	7 oz
Salt	2 oz
Sugar	8 lbs
Cocoa	12 oz
Dry Milk	1 lb
Butter (melted)	1 lb,8 oz
Vanilla	½ cup
Water	3 qts

1. Combine all dry ingredients.
2. Add melted butter (or shortening), vanilla and water. Mix thoroughly.
3. Divide batter and turn into the appropriate number of greased pans (about 6 lbs batter in each pan).
4. Bake at 350 degrees for 25 minutes.

Topping:

Brown Sugar	5 lbs,6 oz
Cocoa	1 lb,4 oz

1. Mix brown sugar and cocoa together. Sprinkle mixture over each pan of cake (approximately 1 lb,9 oz per pan).
2. Cover each pan slowly with 2 qts of hot water.
3. Let cool and garnish with whipped cream and jimmies.

POSITIONS OPEN

LUDLOW -- SCHOOL LUNCH SUPERVISOR

Position vacant September, 1977
Interested applicants may write the Office of the Superintendent of Schools, Ludlow, Mass.

AYER -- FOOD SERVICE DIRECTOR

For Ayer Public Schools. Applications are available at the Office of the Superintendent of Schools, Main St., Ayer, Mass 01432 until April 22, 1977

FEATURE YOUR PRUNE COMMODITIES

WITH THESE NEW RECIPES

PRUNE BARS

Prunes, pitted and chopped	7 lbs.
Sugar	21 lbs., 8 oz.
Brown sugar	2 lbs.
Shortening	1 lb.
Flour	1 lb., 8 oz.
Baking soda	1/2 oz.
Salt	2 tsp.
Rolled wheat	1 lb., 8 oz.

1. Cook prunes and sugar over low heat, stirring occasionally, until thickened and consistency of jam (20 to 30 minutes).
2. Cream brown sugar and fat.
3. Add flour, soda, salt and wheat; mix only until crumbly. Do not overmix.
4. Scale 3 lbs. crumb mixture into greased sheet pan (28x18xlin.); pat smooth and firm.
5. Spread with prune filling about 9 lbs., 4 oz.).
6. Top with remaining crumb mixture; press lightly.
7. Bake at 350 degrees, 30 to 35 minutes. Cool.
8. Cut 10 x 10.

Note: Use 5 lbs., 8 oz. regular dried prunes with pits; plump, drain, pit and chop; OR 4 lbs., 8 oz. dried pitted prunes; plump, drain and chop.

READ THE LABEL

A brand of fruit juice is currently being marketed as a sugared, full-strength fruit juice which actually consists of a concentrated base plus a fruit drink. This does not meet the requirements of the Type A meal pattern. Only <u>full-strength fruit juice</u> can be used to meet these standards.

PRUNE POUND CAKE

Pitted prunes (chopped	4 lbs.
Flour	1 cup
Sugar	4 lb,8 oz
Cake flour	3 lb,12 oz
Salt	1½ Tbsp
Baking powder	2 Tbsp
Butter	1 cup
Shortening	3½ cups
Eggs	2 lb,12 oz
Vanilla	1½ Tbsp
Lemon extract	1½ tsp
Mace	1½ tsp
Milk	15 oz
Powdered sugar (optional)	as needed
OR Icing (optional)	as needed

Yield: 11 cakes (9x4½x2½) OR
15 cakes (8x3-3/4x2½)

1. Mix prunes with flour. Set aside.
2. Sift together sugar, cake flour, salt and baking powder.
3. Mix with butter, shortening, eggs, vanilla, lemon and mace at low speed 6 minutes, scraping down twice.
4. Add milk; mix at low speed 3 minutes; scrape once.
5. Add prunes; mix only to incorporate.
6. Scale 1 lb. 4 oz. batter into each of 15 greased and floured foil loaf pans (8x3-3/4x2½) OR 1 lb. 12 oz. into each of 15 greased and floured loaf pans (9x4½x2½).
7. Bake at 350 degrees 45 to 55 minutes, until done. Cool in foil pans or turn out standard pans, to cool on racks. If desired, top with powdered sugar or icing.

Note: When using Pound Cake Mix add 1 lb. 9 oz. pitted, chopped and floured prunes to batter made from a 5 lb package mix OR 3 to 4 oz pitted, chopped and floured prunes per pound of batter.

PRUNE 'N PEANUT BUTTER BROWNIES

Pitted prunes, precooked	2 lbs.
Flour	1 lb.
Cocoa	2 cups
Baking powder	1½ Tbsp.
Salt	1½ Tbsp.
Sugar	3 lbs.
Shortening	1-3/4 cups
Peanut butter	1-3/4 cups
Eggs	12
Vanilla	2 Tbsp.

1. Chop pitted prunes or use diced.
2. Dust prunes with flour.
3. Add all ingredients and blend on low speed until well blended, about 1 to 2 minutes.
4. Divide batter and turn into 2 ungreased baking pans 18x26xlin.
5. Bake in moderate oven at 350 degrees 30 to 35 minutes.
6. Combine powdered sugar and water to make thin icing.
7. Using spoon, glaze cookies lightly. Cool slightly.
8. Cut while warm into bars (2½x 3½in.) or 5 cuts across and 10 lengthwise.

SIMPLE SIMON BARS

yield: 100 bars

Pitted or diced prunes	2½ lbs.
Flour	3 lbs.
Soft butter or margarine	3 lbs.
Vanilla	1 Tbsp.
Brown sugar	5 lbs, 2 oz.
Powdered sugar	1 cup
Water	2 Tbsp.

1. Chop prunes coarsely. (For ease in chopping add 1 Tbsp. salad oil per pound prunes.)
2. Sift together flour, cocoa baking powder and salt.
3. Cream sugar, fat and peanut butter until light.
4. Beat in eggs and vanilla.
5. Blend in sifted dry ingredients
6. Mix in prunes.
7. Spread batter into greased pan (26x18xlin.)
8. Bake at 350 degrees 25 to 30 minutes, until done. Cool slightly. Cut 10 x 10. Serve plain or sprinkled with powdered sugar.

AVOID THE PROBLEMS OF SUMMER STORAGE

Now is the time to begin lowering your stock of commodities and purchased foods. A careful inventory at this time, followed by careful menu planning will help avoid the risks involved in storing these products through the summer months.

Storing foods through the summer is dangerous to the sanitation of your storage area as well as to your budget. Power and motor failures can happen without warning and may go undetected until spoilage has contaminated substantial amounts of your stock, making the storage room a breeding ground for harmful bacteria and infection. The costs involved in losing commodities through spoilage is an unnecessary burden on your program's budget.

Should you have to store commodities or purchased foods through the summer months be <u>sure</u> to make arrangements with your school custodian to have the storage area checked daily.

Try to prevent unnecessary waste and added costs by planning to use commodities and other stock items as much as possible in the final weeks of school.



BREAKFAST PIES

Pitted prunes	4 lb,4 oz
Water	2 qts
Sugar	2 lb
Cinnamon	¼ cup
Flour	6 lb
Salt	3 Tbsp
Shortening	2 qt,1½ cups
Cold water	about 1 qt
Egg wash	as needed
Oil	as needed
Sugar	as needed

1. Chop prunes.
2. Cook prunes, water, 2 oz sugar and cinnamon over low heat until thickened, about 30 minutes. Cool.
3. Prepare pastry according to USDA Type A School Lunch Recipe Card c-19 for 15 double crust pies. Divide into 8 pieces about 1 lb 8 oz each. Roll out half to fit sheet pans (18x13x1) and half for tops.
4. Spread filling, about 2 lb per pan, over dough. Close with top crusts. Brush with mixture of half egg wash and half oil. Sprinkle with sugar. With handle of table knife or rubber scraper, or other dull tool, mark each pan 5 by 5 into 25 servings. Do not cut through for turnover effect rather than a bar.
5. Bake at 425 degrees 25 to 30 minutes. Serve warm or cooled.

PRUNE BRAN MUFFINS

Makes 8 dozen

Pitted prunes	2 lbs
Milk	2 qts
Eggs	15 large
Light molasses	1½ cups
Salt	1 Tbsp
All-bran cereal	1 lb,12 oz
Biscuit mix	5 lb

1. Chop prunes.
2. Blend milk, eggs, molasses and salt together.
3. Add cereal and prunes; let stand about 5 minutes.
4. Add biscuit mix; mix at low speed only enough to dampen.
5. With No. 16 scoop, portion 2 oz batter into greased or paper-lined muffin tins.
6. Bake at 400 degrees, 18 to 20 minutes.

BREAKFAST CAKE

Basic Dry muffin mix	5 lbs.
Sour cream	1½ qts.
Eggs	8 large
Pitted prunes	2 lbs.
Cinnamon	2 Tbsp.
Sugar	2¼ cups

1. Combine muffin mix, sour cream and eggs. Beat on low speed for about 1 minute or until batter is reasonably smooth.
2. Chop prunes. Sprinkle each pan with half the prunes.
3. Blend cinnamon and sugar. Sprinkle half over each pan.
4. Bake in hot oven at 450 degrees 25 to 30 minutes.
5. Cool 5 minutes; cut each pan into 50 portions 2½ by 3½ inches or five cuts across and 10 length-wise.

COMMODITIES

Expected This Spring

Margarine or Butter	Rice
Processed Cheese	Cnd. Beef
Frozen Ground Beef	Dry Milk
Frozen Chicken	Applesauce
French Fries	Cnd. Fruit
Peanut Oil	Shortening
Cnd. Baked Beans	Orange Juice Cups

Shipping and purchasing difficulties may make some variation in the above list.

Commodity Outlook

New England Style Canned Beans

This is the first time in Commodity history that this product has been available to the schools. In January because of delivery problems all orders were not filled. By February a good supply was on hand and all requests were filled. This item will appear on the May order form for the last time.

Mayonnaise

Our apologies to those of you who did not receive this commodity. One truck load of 1,000 cases arrived at one of the warehouses and was rejected to the shipper making us short of the amount necessary to fill all of your orders.

Spaghetti and Macaroni

Our supply of bulk Durum Flour is exhausted and consequently there will not be any more spaghetti and elbow macaroni for this year.

Proper Storage

One of the requirements of the U.S. Department of Agriculture is that all commodities be stored on racks 4 inches off the floor and 4 inches from the wall. This keeps them from absorbing moisture that will cause cans to rust, package seams to burst and foods to mold or rot. In storing foods, it is important not only to consider the use of proper storage methods to reduce spoilage but also to consider efficient methods of storage which will save space and make for ease in handling the commodities.

RECALL ALERT

January 14 --------

Product: (A) RUBBED SAGE , (B) POULTRY SEASONINGS in 8,10, and 16 oz. 1,3,10 and 30 lb. sizes.
Under the following labels: (A) Franks, Nugget, Code, Holleb's Red & White, Frosty Acres, All Kitchens, Ryser's Parde, Community Club; (B) Franks, Nugget, Code, Red & White, Nifda, Hoste Favorite, Plee-zing, and Frosty Acres.
Lot Numbers: (A) G271 through G290 inclusive; (B) G282/292
Manufactured and recalled by Frank Foods, Inc., Ohio.
Distribution - nationwide in scope.
Reason for recall - product is rodent and insect contaminated.

Product: (A) INSTANT BLUEBERRY PIE STABILIZER in 5,10,20,40 and 75 lb. cartons; (B) INSTANT CHERRY PIE STABILIZER in 5,20 and 75 lb. cartons. (C) STRAWBERRY FLAVOR CHIFFON BASE in 20,40 and 75 lb. cartons.
Lot Number: none noted
Manufactured and recalled by - Vanco Products, Inc., Massachusetts.
Distribution - (A) and (C) - Massachusetts and Vermont; (B) New Hampshire, Vermont and Massachusetts.
Reason for recall - (A),(B) and (C) - adulteration - the color additive FD&C Red #2 was added after the February 12, 1976 FDA ban became effective; (B) and (C) - adulteration - non-permitted use of FD&C Red #4.

Product: TOMATO SAUCE IN 8 OZ. CANS
Under the following labels: Town House, Piggly Wiggly, Parade, Hy-Top, Kroger, Kuner's Food Land, A&P, Richelieu, My-T-Fine, Stop & Shop, Janet Lee, Treasure Valley, Waremart, Alpha Beta, Maidrite, Shur-fine, Richfood, Progresso, Stokely's, Thrifty Maid, Red & White, Our Family, First Pick, Staff, Pomco, Sweet Life, Heritage House, Tastewell, Western Family, Monarch, Springfield, IGA, Lady Lee, Fame.
Lot Numbers: 9T32/B227 to 9T32/B277 inclusively
Manufactured and recalled by - Pacific Coast Producers, California.
Distribution - nationwide in scope.
Reason for recall - swollen cans.

Product: VARIOUS CHILI PRODUCTS as follows: (A) WHOLE GREEN CHILIES,4 oz. Western Valley, Old El Paso and Mountain Pass brands; (B) WHOLE GREEN CHILIES, 10 oz. Old El Paso and Mountain Pass brands; (C) CHOPPED GREEN CHILIES, 7 oz. Old El Paso and Mountain Pass brands; (D) CHOPPED GREEN CHILIES, in 4 oz. Western Valley, Old El Paso and Mountain Pass brands; (E) CHILI PEPPERS, HOT (JALAPENO), 3½ oz. Old El Paso and Mountain Pass brands.
Lot Numbers: (A) 25976, 27276; (B) 23876; (C) 27176; (D) 22576, 24776, 25776, 23576, 25376, 26676, 26176; (E) 29276.
Manufactured and recalled by - Mountain Pass Canning Company, Texas
Distribution - nationwide in scope.
Reason for recall - failure to control acidity in canning process which may pose a potential for bacterial growth.

TEXTURED VEGETABLE PROTEIN
what it is and how it can save you money

Since February 1971 the U.S. Department of Agriculture has allowed textured vegetable protein (TVP) to be used in combination with meat to satisfy the meat or meat alternate requirements specified in the meal pattern for child feeding programs. Recently, the USDA issued a revised listing which describes the specific companies and TVP products which have been reviewed and found acceptable for use in child nutrition programs.

Textured vegetable protein has become a major item on today's grocery shelves and is as well known to housewives on a budget as it is to institutional food services. TVP can lower the cost of school lunches without reducing the nutritional value or the total amount of high quality protein available.

WHAT IS TVP? To many people it is just another mystery product created by modern technology. Actually, TVP is a plant protein, usually made from soy, that has been processed into cubes, chunks, chips or granules. Additional ingredients are often added to fortify, bind, stabilize, flavor and color the TVP. As the name suggests, the soy protein has a "texture" similar to real meat and it may come in dry, hydrated, or frozen form. The TVP may be flavored or unflavored, colored, (caramel, natural, dark, light, white) or uncooked.

Meat textured vegetable protein mixture is manufactured to be nutritionally equal to meat and offers the same texture and consistency as meat when eaten. These products also retain fat and moisture in cooking which helps preserve flavor and moisture in the recipe to which they've been added.

HOW IS TVP USED? Plant protein can be processed in several different ways and the method of processing effects the percentage of protein in the product. The TVP products on the USDA list of acceptable brands are described as "concentrates", "isolates", or "mixtures". Concentrates contain about 70 percent protein and isolates contain 90-94 percent protein. The mixtures range from 50-70 percent protein because the mixes combine TVP with dehydrated vegetables, seasoning, bread crumbs or cereals. Only the TVP component in the mixture may be counted in the Type A lunch.

The USDA list provides complete information on these products: the company name, product description, percentage of the TVP component in the mix, and yield information for the recipes on the product label. For example, a listing may read:

> "Tex-Pro Two for preparing Meat Loaf", %TVP component in mix 39.67% or 19 oz. per 48 oz. pkg (net wt); "to Yield a 14 lb Meat Loaf" 58 two-ounce equivalent servings to meat/meat alternate per pkg.

This information is accompanied by the manufacturer's name and address.

Maximum Approved Proportions of TVP for use in National School Lunch Programs

1 TOTAL - if your ground beef recipe calls for	2 MEAT	3 TVP	4 WATER
1 lb.	11 oz.	2 oz.	3 oz.
2 lb.	1 lb. 6 oz.	4 oz.	6 oz.
3 lb.	2 lb. 2 oz.	6 oz.	9 oz.
4 lb.	2 lb. 13 oz.	8 oz.	12 oz.
5 lb.	3 lb. 8 oz.	10 oz.	14 oz.
10 lb.	7 lb.	1 lb. 3 oz.	1 lb. 13 oz.
15 lb.	10 lb. 8 oz.	1 lb. 13 oz.	2 lb. 11 oz.
20 lb.	14 lb.	2 lb. 6 oz.	3 lb. 10 oz.
25 lb.	17 lb. 8 oz.	3 lb.	4 lb. 8 oz.
30 lb.	21 lb.	3 lb. 10 oz.	5 lb. 6 oz.
35 lb.	24 lb. 8 oz.	4 lb. 3 oz.	6 lb. 5 oz.
40 lb.	28 lb.	4 lb. 13 oz.	7 lb. 3 oz.
45 lb.	31 lb. 8 oz.	5 lb. 6 oz.	8 lb. 2 oz.
50 lb.	35 lb.	6 lb.	9 lb.
55 lb.	38 lb. 8 oz.	6 lb. 10 oz.	9 lb. 14 oz.
60 lb.	42 lb.	7 lb. 3 oz.	10 lb. 13 oz.
65 lb.	45 lb. 8 oz.	7 lb. 13 oz.	11 lb. 11 oz.
70 lb.	49 lb.	8 lb. 6 oz.	12 lb. 10 oz.
75 lb.	52 lb. 8 oz.	9 lb.	13 lb. 8 oz.
80 lb.	56 lb.	9 lb. 10 oz.	14 lb. 6 oz.
85 lb.	59 lb. 8 oz.	10 lb. 3 oz.	15 lb. 5 oz.
90 lb.	63 lb.	10 lb. 13 oz.	16 lb. 3 oz.
95 lb.	66 lb. 8 oz.	11 lb. 6 oz.	17 lb. 2 oz.
100 lb.	70 lb.	12 lb.	18 lb.

*Measurements occurring as fractions and were rounded off.

To determine weights not shown in Column 1 add two or more lines equal to total weight together. i.e.:

	Total (Column 1)	Meat (Column 2)	T.V.P. (Column 3)	Water (Column 4)
	50# total = 35 lb.	meat + 6 lb.	T.V.P. + 9 lb.	water
	100# total = 70 lb.	meat + 12 lb.	T.V.P. + 18 lb.	water
	2# total = 1 lb. 6 oz.	meat + 4 oz.	T.V.P. + 6 oz.	water
Result:	152# total = 106 lb. 6 oz.	meat + 18 lb. 4 oz.	T.V.P. + 27 lb. 6 oz.	water

Procedure for Mixing T.V.P. with Ground Meat:

1. Place MEAT in mixing bowl.
2. Add dry T.V.P. and WATER.
3. Mix on low speed for one minute or until the T.V.P. is well blended with the meat.
4. Follow regular instruction for recipe of your choice, using the combination just as you use ground meat.

MSFSA Notes

The arrival of Spring brings us to the final months of this school year. It's time to get out of the doldrums of winter and introduce the budding of spring in our menus, decorations in the cafeterias and yes, in ourselves too! Having encountered many challenges this past year let us end the year knowing we have faced and fulfilled all of these challenges successfully.

By now every member of M.S.F.S.A. and A.S.F.S.A. has returned her ballot and is awaiting the election results.

Let us all assemble at the Annual Dinner meeting on April 28 at Lantana's in Randolph Mass. to congratulate the incoming officers and offer them any help we can provide so that they may have a successful 1977-1978 school year.

And now..... it's that time again..... if you plan on going to the National Convention, it will be held in Houston, Texas, July 31st through August 4th, 1977 - the February issue of the School Food Service Journal tells you all about it. Sounds great!

Rose Jordan
M.S.F.S.A. Public Relations
and Publicity

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COMMONWEALTH OF MASSACHUSETTS

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JUNE 1977

NUTRITION EDUCATION and SCHOOL FOOD SERVICES *Newsletter*

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A MONTHLY REPORT

IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

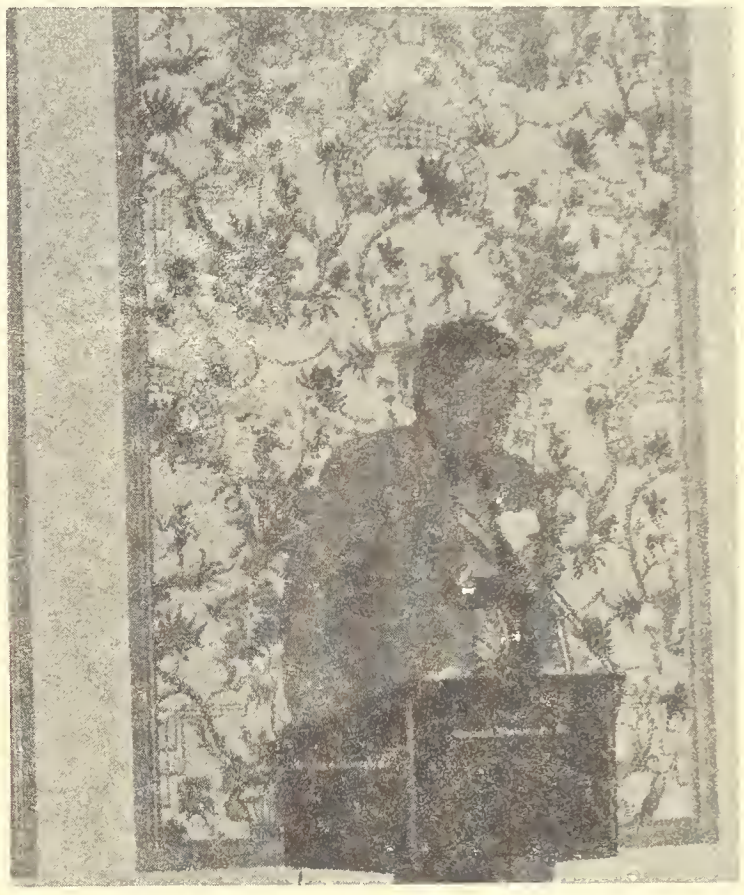
Spring Conference

Over 400 School Food Service Supervisors and Managers participated in the annual Spring Conference at Boxborough this year, filling the Sheraton Inn's Conference Center to capacity.

After coffee and pastries were served the participants listened to discussions on cost allocation, "Offer vs. Serve", and Summer Feeding moderated by specialists from the Bureau of Nutrition Education and School Food Services.

Guest speaker Marian L. Heard, Senior Human Resource Planner from the United Way of Eastern Fairfield County, Connecticut, spoke on "The Art of Communications: Don't Panic, Just Listen". Bob Thorburn, School Food Supervisor from Concord, and Nellie Domina, Supervisor of Seekonk School Food Services, related their successful experiences in implementing the offer vs. serve program in their senior high schools. Students from their respective schools were on hand to give testimony to the success of these programs.

The Bureau of Nutrition Education and School Food Service would like to thank all of the people that participated and made the Spring Conference such a success.



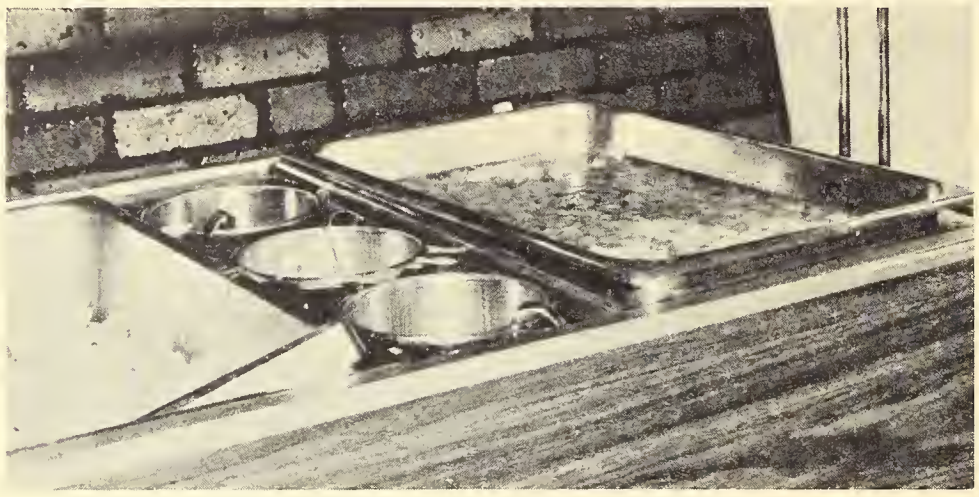
Robert Cleary discusses cost allocation.

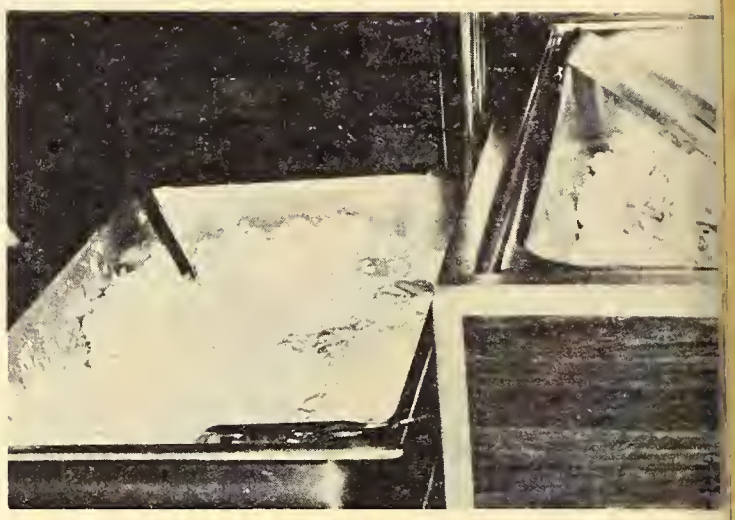


Monya Geller tells how "Environment Changes Everything".

CHANGES BRING SUCCESS IN EAST BRIDGEWATER

Ken Gebo, Supervisor of School Food Services for East Bridgewater Public Schools offers a salad bar and a choice of vegetables to elementary students.



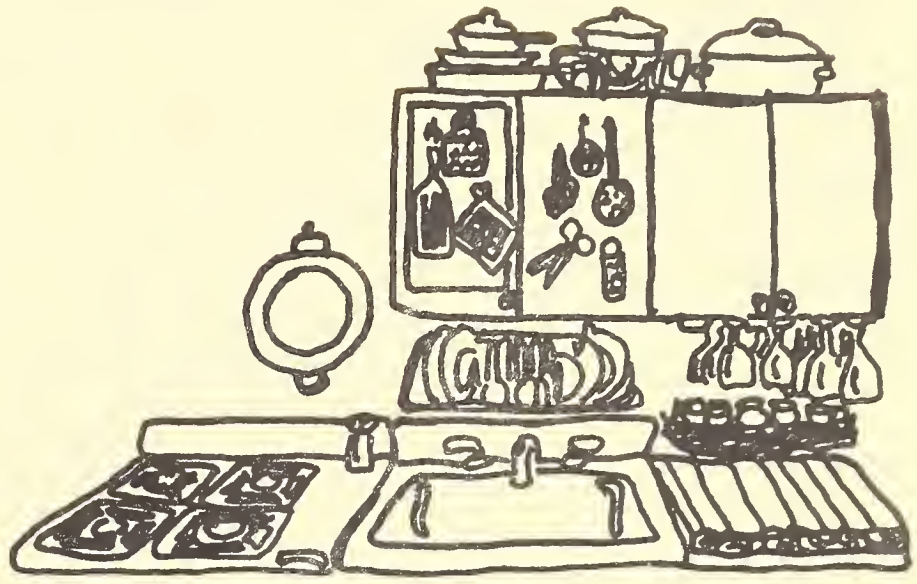


Not only has this sponsored nutrition education, but lunch participation has doubled.

Cupboard Storage Chart

STAPLES		
Baking powder	18 mox. or exp. date on can	Keep dry and covered
Baking soda	2 years	Keep dry and covered
Cereals		
ready-to-eat	6 - 12 mos.	
Gelatin, all types	18 mos.	Keep in original container
Milk		
Condensed or		
evaporated	12 mos.	Invert cans every 2 mos.
Nonfat dry	6 mos.	
Sugar		
Brown	4 mos.	Put in airtight container
Confectioners	18 mos.	Put in airtight container
Granulated	2 years +	Cover tightly
Artificial		
sweeteners	2 years +	Cover tightly
MIXES AND PACKAGED FOODS		
Biscuit, brownie		
muffin mix	9 mos.	Keep cool and dry
Cake mixes	9 mos.	Keep cool and dry
Angel food	12 mos.	
CANNED AND DRIED FOODS		
Canned foods,		
all	12 mos.	Keep cool
Canned fruit		
juices	9 mos.	Keep cool
OTHERS		
Cheese, Parmesan		
grated	10 mos.	
Peanut butter	2 - 3 mos.	Refrigeration not needed

Clear the way for Summer



1. Make an inventory of all foods to be left in storage over the summer.
2. Make an inventory of all equipment, large and small.
3. Check and thoroughly clean storage area.
4. Label and date all foods.
5. Store broken lots of foods in air-tight containers
6. Store foods on shelves, dollies, or skids -- do not put directly on the floor.
7. Leave space between walls and food for air to circulate.
8. Use metal containers as much as possible to avoid rodent damage.
9. Keep storeroom well ventilated. Make some provisions for airing the storeroom serveral times during the summer months.
10. Leave doors to convection ovens open.
11. Refrigerators should be emptied and washed with warm soda water. Doors should be left propped open.
12. All power driven machinery should be thoroughly cleaned and oiled.
13. Steamers should be cleaned and flushed or blown out, the pilot light left on, and water should be left in the boiler of the steamer. The water valves should be turned off and doors left open.
14. All equipment should be in working order. All non-repairable equipment should be discarded.
15. Thoroughly clean dishwasher, leav door open.
16. Mixer and attachments should be thoroughly cleaned. Attachments should be stored in a clean dry place so air can circulate.
17. All empty boxes and crates should be removed. Anything that might attract rodents or constitute a fire hazard should be discarded
18. All records should be stored in a safe place, including inventories of equipment and foods left in storage.
19. Plan menus for the first two weeks of school, preferably a month.
20. Order supplies for September, not to be delivered before mid-August
21. Make arrangements for locking lunchroom, cabinets and storage areas and safekeeping of the keys by a responsible school official.

the breakfast pattern

FLUID MILK: One half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: A one half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: (One of the following or a combination to give equivalent quantities) Bread, whole-grain or enriched -- 1 slice, Cereal, whole-grain or enriched or forfigied -- 3/4 cup (volume) or 1 ounce (weight) whichever is less.

Protein rich foods are encouraged when they can be added to the menu.

type A menu requirements

The Type A lunch must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces (edible portion as served) of lean meat, poultry, or fish; or two ounces of cheese; or 1 egg; or 1/2 cup of cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of two or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full stength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

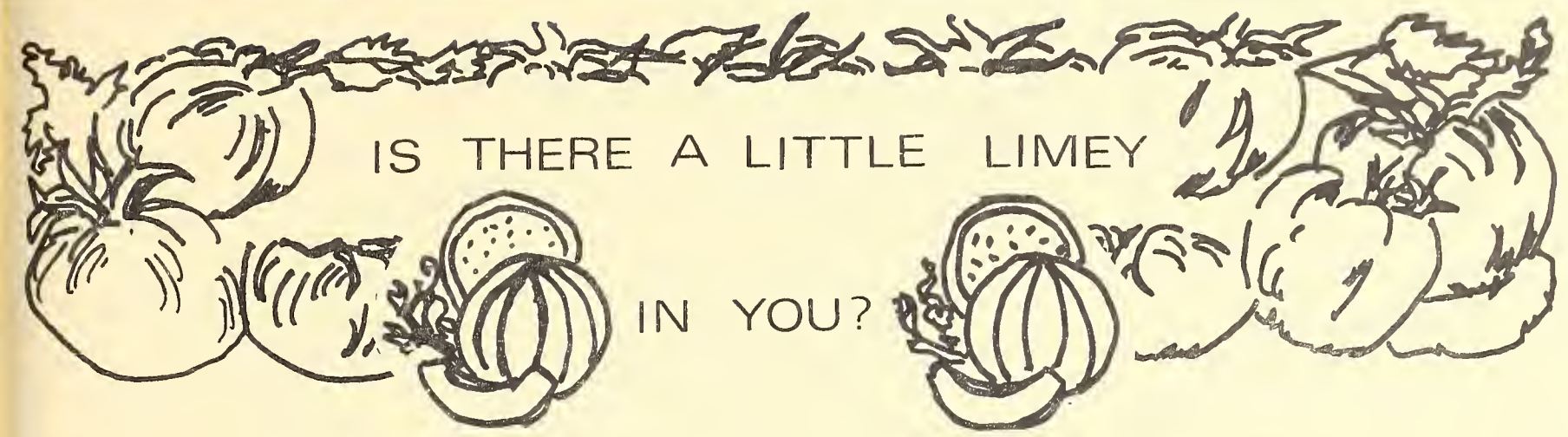
MILK: 1/2 pint.

NATIONAL SCHOOL LUNCH WEEK

National School Lunch Week is October 9 - 15 this year and Universal Menu Day falls on Wednesday, October 12 - Columbus Day. This menu is sure to please students of all ages with lasagne, a delicious broccoli salad, garlic bread, and Sunny Italy Fruit Surprise - a strawberry/banana mix floating in orange juice.

1977 Universal Menu

Lasagne da Vinci
Coliseum Broccoli Salad with Italien Dressing
Gondola Garlic Bread
Sunny Italy Fruit Surprise
Mama Mia Milk



Known since biblical times as the "terrible killer disease" it wasn't eradicated until 1932. Its victims were sailors and pioneers. They became weak, developed sunken eyes, bleeding gums, and ugly skin sores. Teeth became loose, bones broke easily, and small blood vessels burst under the skin. The majority of victims eventually died a painful death. What was this terrible disease? Some blamed cold, damp air. Some blamed crowded living conditions on board ship. Actually, this terrible disease was scurvy, and it resulted from a lack of ascorbic acid (vitamin C) in the diet.

In 1747 a British doctor, James Link, conducted an experiment on the British warship "Salisbury". He discovered that sailors who ate oranges and lemons were cured of scurvy. After this discovery, the British navy ordered daily rations of lemon juice to prevent outbreaks of scurvy. Lemons in those days were called limes and British seamen became known as "Limeys".

It was not until 1932 that the scurvy-curing substance in oranges was isolated and named vitamin C. Knowledge of Lind's discovery that oranges and lemons cured scurvy leads most people to believe that citrus fruits are the only source of ascorbic acid. Tomatoes, canteloupe, and strawberries are also excellent sources and raw cabbage, turnips, blueberries, green peppers, broccoli, and potatoes are good sources of vitamin C. Black currants and rose hips can add vitamin C to the diet. One of the richest sources of vitamin C is acerola, a cherry-like fruit grown in Puerto Rico.

Vitamin C is a water soluble vitamin that is not made or stored by the human body. For this reason we need a good source of vitamin C. The recommended daily intake for children is 45 mg. This can be supplies by 3 ounces of orange juice, one large tomato, or 1/2 cup cooked frozen broccoli.

Vitamin C does more than prevent scurvy. It is necessary for the formation of connective tissue and bones and helps the body use calcium and iron, prevents hemorraging and infant anemia.

Be sure to eat a good source of vitamin C every day. The United State Department of Agriculture recommends a vitamin C fruit or vegetable be served as part of the Type A Pattern several times a week.

JUNE MENU OF THE MONTH

Meat Salad Sandwich

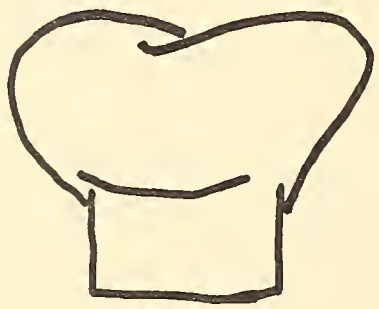
Baked Beans

Raw Spinach Salad

School-Made Bun, Butter

Paradise Pudding

Milk



FEATURED RECIPES

RAW SPINACH SALAD

Yield: 100
Portion: 1/2 cup

4 lbs. lettuce
2 lbs. chopped spinach
2 cups chopped onion
4 lbs. chopped celery
1/2 cup salt
1 qt. basic French Dressing

1. Combine and chill all vegetables
2. Just before serving, sprinkle salt over vegetables. Add dressing and toss lightly until well mixed.

PARADISE PUDDING

Yield: 100
Portion: 1/3 cup
Pan size: 12x20x2½"

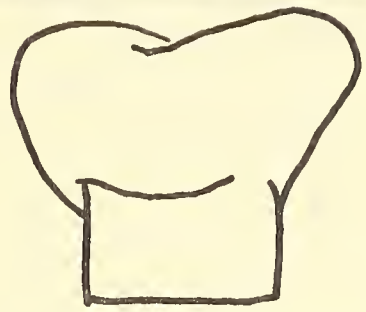
2-1/2 qts. Graham cracker crumbs
1-1/2 cups butter, melted
3 cups brown sugar, packed
1-1/2 cups butter
1-1/2 cups flour
3qts. plus 1/2 cup water
12 egg yolks
2 cups water

1-1/2 cups sugar
3-1/2 cups dry milk
1 tspn. salt
2 Tbs. vanilla
1/2 qt. apple sauce

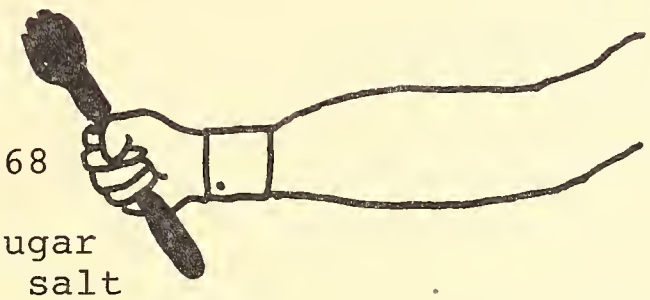
12 egg whites
1-1/2 cup sugar
1 Tbs vanilla

1. Combine graham cracker crumbs, melted butter and brown sugar. Reserve 3/4 cup for topping.
2. Melt butter in sauce pan, work in flour, add water gradually, stirring to remove lumps. Place on stove and let boil slowly for 5 minutes.
3. Combine egg yolk and water. Mix sugar, dry milk and salt. Add to eggs and water and beat until smooth. Gradually stir into boiling sauce. Let remain over fire to heat thoroughly.
4. Place crumbs in pans. Spread apple sauce over crumbs. Add the custard
5. Make meringue with egg whites and 1-1/2 cup sugar. Spread over custard. Sprinkle extra crumbs over meringue. Bake at 450 degrees F. until brown.

Note: Pineapple or other fruit may be substituted for the apple sauce.



Successful Recipes



SCONES

Yield: 68

1 lb. sugar
1/2 oz. salt
12 oz. shortening
8 oz. whole eggs
4 oz. milk
4 lbs. A.P. flour
4 oz. baking powder
1 lb. raisins (plumped)

1. Mix sugar, salt and shortening together.
2. Add eggs and water. Beat until blended.
3. Add flour and baking powder. Mix to a smooth dough, incorporating raisins before completing the mixing. Do not overmix.
4. Roll out dough to 1/2" thickness and cut into triangular shapes. Brush tops with egg wash.
5. Place on greased pan about 1" apart. Bake at 400 degrees until golden brown.
6. When cool, frost with a simple icing, if desired.

Note: Scones may be made ahead and left on pan uncooked in refrigerator overnight. In the morning, remove from refrigerator, let stand for 10 minutes. Then brush with egg wash and bake.
Cost per serving: 4¢

Robert B. Thorburn, School Food Service Supervisor, Concord Schools



CHERRY SQUARES

1-1/2 lbs. butter
3 lbs. sugar
2-1/4 lbs. flour
3 cups dry egg
3 cups water
1 can cherry pie filling

1. Cream butter, add sugar and cream together. Add dry eggs and water.
2. Add flour, blending well.
3. Pour 3/4 of the batter into a 18x26" pan. Spread the cherry pie filling on top of the batter. Pour the rest of the batter over the filling.
4. Bake at 325 degrees for 30 minutes.

Pittsfield School Cafeterias

PINK LEMONADE

1 32oz. can lemon juice concentrate
10-1/2 gal. water
11 pints corn syrup
2 oz. salt

Mix all ingredients together. Tint to a pale pink with red food coloring. Syrups from canned fruits may be added to the mixture for more flavor.

George Cole, Director
Quincy School Food Services

COMMODITIES

COMMODITIES TO BE EXPECTED IN SEPTEMBER

Butter
Peanut Butter
Shortening
Peanut Oil
Peanuts, Roasted
Pea Beans
Cd. Beef
Cd. N.E. Beans
Processed Cheese
Rice
Peaches, Cd.
Beef, Frozen Ground
French Fries
Cd. Corn

Shipping and purchasing difficulties may make some variations in this list.

Commodities Returned by Summer Camps

It is a requirement of the U.S. Department of Agriculture regulations that summer camps return commodities that are left over at the end of the camping season.

In order to prevent trucking expenses for returning the foods to the warehouse, summer camps are being asked to contact the nearest school department and offer the foods they have left over. We will appreciate your cooperation in accepting these foods if they are offered.

Food Storage During Vacation Periods

We urge all schools to place responsibility on someone to carefully check the operation of freezers and refrigerators during vacation periods. Mechanical failures may occur which will result in spoilage of valuable and highly perishable foods unless the breakdown is detected and repaired promptly. A daily check may prevent serious losses. Mechanical failure of refrigerators and freezers is not an acceptable excuse for commodity losses through spoilage. Whenever such losses occur they require restitution for the value of the commodities.

French Fries

The USDA is now formulating plans to purchase 26 freight cars of french fries for our state, distribution hopefully to begin in September.

The Department of Agriculture advises that these french fries will not be cooked as much as this years' shipments. This is so schools with fryolators can cook them without their burning.

Canned Peaches

The last ten cars of canned peaches from California were packed 24-#2½ cans to the carton rather than the usual 6-#10 cans per case. We know the #2½ can is an inconvenience but the USDA had no choice; either accept this size or receive nothing. We think you will agree that accepting was the wise thing to do.

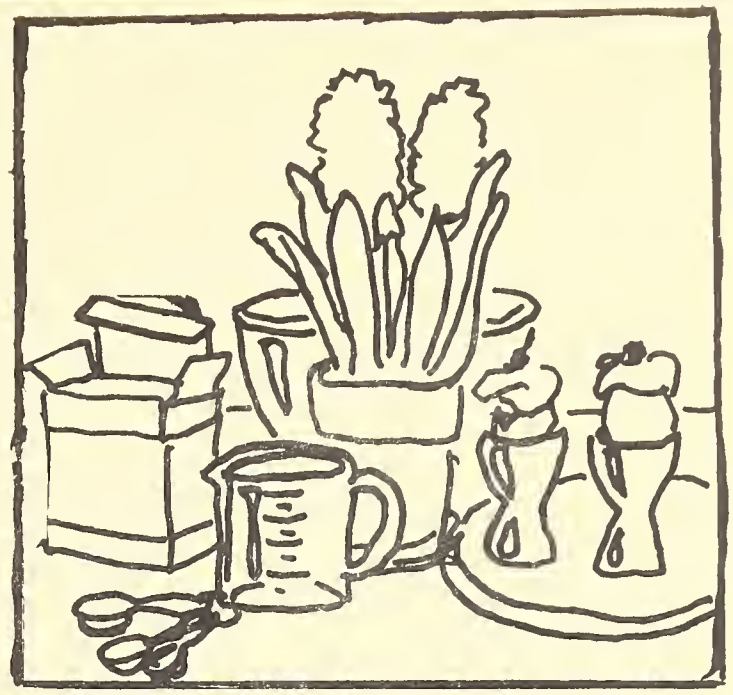
Canned Corn

Some of you will be receiving canned corn in 75 ounce cans. The can in height is an inch smaller than the usual #10 can. These 75 ounce cans are considered #10 in the trade as they are vacuum packed and so contain the same amount of corn.

Continued from page 8

Commodities Out of Condition

If you have commodities that, for one reason or another, are out of condition and need to be disposed of, please call this office for permission to do so. If the spoiled commodity is due to offensive odors or health reasons, you may dispose of it without our permission but a letter advising us of the reason for disposal and the item(s) involved should be sent to this office.



SAVINGS IN PROCESSING

We thought you might be interested in the savings that are realized when the USDA commodities are used in processing.

Commodity	Cost With Commodities	Cost Without Commodities	Savings
Mayonnaise	$ 80,223.00	$218,039.68	$137,816.68
Cheese for Pizza	224,238.50	420,593.76	196,355.26
Orange Juice	148,262.80	198,036.74	49,773.94
Macaroni & Spaghetti	201,970.00	385,337.50	183,347.50
Cd. N.E. Beans	235,720.00	398,400.00	162,680.00
Total	$890,414.30	$1,620,407.68	$729,993.38

FROZEN LEMON JUICE CONCENTRATE (UNSWEETENED)

Frozen Lemon Juice Concentrate is a new product which has been purchased by USDA for distribution to schools. It is produced by evaporation of part of the water from mature lemons. When served in the reconstituted form, a 1/4 cup serving of this lemon juice provides approximately 25mg of vitamin C. One-fourth cup reconstituted lemon juice concentrate (one part concentrate to three parts water) provides 1/4 cup credit toward the vegetable/fruit requirement of the Type A Pattern.

Reconstitution: Place the contents of each can of frozen concentrate into a container and add three cans of cold water per can of concentrate. Stir until thawed and thoroughly mixed. Caution: Always reconstitute the entire can of concentrate since the concentrate does not freeze uniformly and the composition varies from one part of the can to another.

RECALL ALERT

May, 1977 -------

Product - Celestial Seasonings Brand (A) Chamomile Herb Tea; (B) Sleepytime Herb Tea in 1/2, 1, 2, 5, and 10 lb. bulk packages and (C) Mo's 24 Herb Tea
Identification - (A) Product Code 712-05-91, all case numbers except 01173, 01174, 02571, 02572, 02573, 02574, 03873, 03874, 03971, 03972, 03973, 03974, 04073, 04074, 05271, 05272, 06075, 06076, 06077, 31565; (B) Product Code 702-01-91 all case numbers except 03171, 03172, 03173, 03174, 03871, 03872, 03874, 03971, 03973, 04072, 04073, 06272, 06273, 06274, 06275, 06276, (C) Product Code 700-01-91, all case numbers except 04771, 04772, 04773, 04774, 06875, 06877;
Manufactured and Recalled by - Celestial Seasonings, Inc. Col.
Distribution - Nationwide in scope
Reason for Recall - raw material contaminated with insects and excreta.

Product - Caldor Salted Mixed Nuts Without Peanuts
Packaging - in 12 oz. vacuum sealed cans
Lot Number - NN069
Manufactured and Recalled by - Aster Nut Products, NJ
Distributor - Caldor, Inc. Conn.
Distribution - to the states of Connecticut, New York, and Massachusetts
Reason for Recall - Product was found to be mislabeled.

WARNING ----------

Officials of the U.S. Department of Agriculture (USDA) have issued a warning to consumers regarding all imported liver pate (paste) products bearing establishment numbers "2401-C" and "2401-D". These products are dangerous and should not be eaten due to potential growth of bacteria causing botulism. The establishment numbers are printed on the product label as well as embossed on the can. At least 25 companies in the U.S. distribute the product under various brand names.

RETIREMENT DINNER TO HONOR JAMES J. MCGRATH, BUSINESS AGENT

Some of the many friends Mr. McGrath has made during his years of service to the school systems may wish to attend a retirement party in his honor, June 30 from 6 - 10 p.m. Dinner, dancing, entertainment and refreshments will be provided for all guests at the "Charter Room" of the New England Mutual Life Hall, 225 Clerendon Street, Boston. Reservations are $10.00 per person and may be made by calling Robert Cleary at the Department of Education, 727-5764.

HOW DO STUDENTS SEE YOUR LUNCH PROGRAM?

As a school lunch manager, you can probably take a few tips from successful restaurant operators. Since restaurants are in business for profit, most successful ones realize that the best way to make this happen is to satisfy the customer so that he will come back. School lunch programs are also in operation to satisfy the customer - both his appetite and his nutritional needs. The only way to ensure this is to make an effort to reduce food waste and increase acceptance of the foods served.

How can you accomplish this goal? The easiest way would probably be to serve only the foods you know the students will eat. This doesn't teach them anything about experimenting with new and different foods however. It will only encourage them to stay in the same old rut of eating hot dogs and hamburgers. So why not meet with a class of students who are interested in helping to plan a lunch menu and discuss the regulations that must be met to qualify as a Type A meal pattern. It will also give them a better understanding of management problems and concerns with which you are struggling.

Getting students involved in an many aspects of the school lunch program as possible will increase their awareness and, hopefully, lead to better acceptance of many offerings.

ANNOUNCING: THE SUMMER CONFERENCES

WHAT: The Annual Summer Conference for School Food Service Supervisors and Managers.
WHERE: Worcester State College, Chandler Street, Worcester, MA
WHEN: Monday, June 27 through Friday, July 1, 1977

Worcester State College will be the site of the Annual Summer Conference this year. We hope the change of location to Central Massachusetts will enable more supervisors and managers to take advantage of this valuable educational experience. Details of course offerings and registration procedures are in the mail to all school food supervisors and managers.

WHAT: The School Food Service Conference
WHERE: Stonehill College, North Easton, MA
WHEN: Monday, August 15 through Friday, August 19, 1977.

Details of this popular conference for school food service personnel are in the mail to all school food supervisors and managers.

These conferences are available through the combined efforts of the Massachusetts Bureau of Nutrition Education and School Food Services and the Massachusetts School Food Service Association.

MSFSA Notes

We are now preparing to close our School Food Service Program for another year, and look forward to a well deserved summer vacation.

Since it is the prime requirement of our School Food Service Program to provide nutritious balanced meals to our children, we must continue to promote our program at all times.

THERE CAN BE NO VACATION FROM GOOD NUTRITION, LET IT BE KNOWN, MAKE EVERYONE AWARE, BE PROUND AND TELL YOUR STORY!

Much has been accomplished during the past year in MSFA. The out going officers and executive board are to be commended. Let us fully support the incoming officer in 1977-78.

OFFICERS FOR 1977-78

President - Mr. John C. Stalker

President-elect - Mrs. Patricia Sennott

Secretary - Mrs. Joan Martin

Treasurer - Mrs. Ruth Sutton

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Massachusetts

NUTRITION EDUCATION
and
SCHOOL FOOD SERVICES
Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

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September: a time for change

eptember is a time of change. o doubt you have already oticed some changes at your chool; new students, some ew fashions, there may be ome new administrative pol-cies, perhaps there are new dditions to your own staff. hese changes and many more ffect the school food serv-ce manager because you are an ntegral part of the school ommunity.

eptember is the time to take fresh look at your program. f you attended the summer orkshops or have been keeping p with new foodservice trends y reading trade journals, you ay find that some of your deas about the program have hanged too. Now is the time o put those ideas to work.

se National School Lunch Week, ctober 9-15, to promote your ew ideas and test any changes ou would like to make. Meet ith teachers and students to iscuss projects you think ould encourage better nutri-ion education and generate articipation in the lunch rogram.

There are other changes directly affecting school food service which we will talk about in this newsletter. Some you may already be aware of: new USDA regulations, some new legislation in Congress, a new series of monthly menu ideas approved and promoted by ASFSA and USDA, and a new approach to National School Lunch Week.

Some changes may not be to your liking, but resolve now to keep an open mind and a positive attitude. Perhaps your school is among those being required to begin a breakfast program, possibly against popular opinion in your community. Your positive attitude and support can make such a program a success -- without it, it most definitely will fail. With this issue we begin a series of articles featuring successful breakfast programs in the state. It is our hope that through relating the experiences of managers who have succeeded in making the program work, others will be able to avoid the more common problems involved, and share the enthusiasm these managers have for a program which presents a major challenge to school food service workers throughout the state.

COUNTY MEETING DATES - 1977

Barnstable	Friday, October 14	M. Moran
Norfolk	Wednesday, October 26	M. Moran
Hampden	Thursday, October 27	M. Cowles
Middlesex	Friday, October 28	A. Clayman
Bristol	Wednesday, November 2	M. Moran
Worcester	Friday, November 4	B. Bourell
Plymouth	Friday, November 4	M. Moran

Around the World in 10 Menus

Have you read the June School Foodservice Journal? First stop in September is Latin America! Menu, recipes, merchandizing tips and classroom hints are right there for you to use.

If by chance you missed September's trip, let's make advance plans and get "ticketed" right now for October and School Lunch Week. All of the nation will be discovering Italy on October 12. And 26 million school children will be feasting on lasagna on this date, UNIVERSAL MENU DAY.

Celebration plans with menu, recipes, and all kinds of promotional and fun ideas are in the July/August issue of the national Jouranl. Just in case you have misplaced your copy, here, again, is the menu:

LASAGNA DA VINCI
COLISEUM BROCCOLI SALAD
with Italian dressing
GONDOLA GARLIC BREAD
SUNNY ITALY FRUIT SURPRISE

Chicken cacciatore is suggested as an alternate. Although strawberries and sliced bananas are suggested for the Fruit Surprise, you can serve one of the abundant fall fruits such as apples, pears, or grapes.

Latin America and Italy are just the start. As the School Foodservice Jouranl notes, "Maybe you can't go around the world in 80 days in a balloon, but you can go around the world in 10 menus right in your own kitchen." Each menu of the month will be publicized two months in advance so that there is plenty of time to do advance planning and ordering.

September
LATIN AMERICAN

October
ITALIAN

November
AMERICAN INDIAN

December
SCANDINAVIAN

January
FRENCH

February
AFRICAN

March
GERMAN

April
JEWISH

May
ORIENTAL

June
INTERNATIONAL

Do get your whole school into the action. Did you read about the Chemung School in Stoughton? It was highlighted in a Journal article some months ago. Under the guidance of the principal, Miss Helen Hansen, the school became the world and each classroom represented a country. What a wonderful opportunity for the cafeteria to become an international restaurant and to get children involved in menu planning.

Perhaps some new food items could be presented to the younger children in classroom tasting parties. Mrs. Patricia Sennott, Food Supervisor and Teacher in Brookline, says, "The children scream for taco now, but it has to be a learning process!"(Tacos are the international dish on the Latin American menu.) Coliseum broccoli salad might go over better with an introductory lesson too.

Get your whole town into the action. Invite city officials, community leaders, and parents to participate on special days. Perhaps they could be entertained as well as educated to the nutritional values of the food service program. Ask students to write articles for the local newspaper or be interviewed on the local radio or TV.

The Nutrition Education Committee of the Massachusetts School Food Association is promoting AROUND THE WORLD IN 10 MENUS as one of its 1977-78 projects. Serving an international menu every month is ideal, but if time and energy are limited, concentrate on these special weeks:

School Lunch Week (October 9-15) - ITALIAN
Child Nutrition Week (January 22-27) - FRENCH
National Nutrition Week (March 5-11) - GERMAN

And let's make May, Spring Festival Month, and serve an ORIENTAL meal.

Be sure to keep us informed. We want to feature your school activities during the coming year. We need black and white glossies for the newsletter, colored slides for programs, and newspaper clippings for a scrapbook.

As ASFSA says, "Take your students on a round the world trip through food. You won't even have to leave the United States to do it!"

BREAKFAST IS A SUCCESS IN TYNGSBOROUGH

Tyngsborough Public Schools began serving breakfast to students two years before the breakfast mandate went into effect. Mrs. Mabel Carkin, School Food Service Director, rose to the challenge of developing the program in Tyngsborough's two elementary schools and the combined Junior and Senior High School and today the faculty, students and parents agree that the program is a huge success.

The program began in the elementary schools in response to a "needs survey" conducted by school officials. The survey was circulated among the faculty and sent home with the students for their parents to fill out. When the results were in, the breakfast program ranked 9th out of the 12 major needs indicated.

Staggered bus service was arranged so that the first students arrive at about 8:20 a.m. and are usually fed before the next busload arrives. The program required that the principal and several food service workers arrive about an hour eariler than they had done previously, but the benefits seem to have outweighed this inconvenience. Students are assigned by a rotating class schedule to clean the breakfast area before the first class begins.

Teachers have indicated that there has been a marked improvement in classroom behavior and work output among students since the breakfast program went into operation and the school nurse has reported a significant decrease in the number of students complaining of headaches and stomachaches in the morning.

Mrs. Carkin's breakfast fare includes a choice of cereal, milk, orange juice, raisins, prunes, cheese blocks, and often muffins or cornbread.

Peanut butter sandwiches are served on request. Breakfast costs 10¢ or 15¢ and free breakfast is available for those eligible. No town funds have had to be used as the program is entirely sustained by federal reimbursement.

According to Mrs. Carkin, an average of 90 breakfasts are served at the Winslow School (grades K-2), 120 at the Lakeview School (grades 3-6), and approximately 150 breakfasts are served daily at the Junior/Senior High School.

MEAL COST ALLOCATION

We feel it is very important that each Sponsor be allowed to report all reimburseable costs and their reimbursement rates be predicated on this information. Therefore, we have designed a form that if completed properly will identify all reimburseable costs as well as other information necessary for us to establish a true cost for each program and assign reimbursement rates for the 1977-78 school year. These new rates will be used to adjust the claims filed in the preceding year.

Please refer to the instructions on the back of the form for an explanation of each section.

A SPECIAL NOTE - Indirect costs will only be allowed if records have been established and are being maintained to allocate a percentage of the total expenses to each program within the system as well as a percentage to the food service program.

Records and documentation supporting the indirect costs allocation plan utilized must be retained for audit purposes

The portion of the reimbursement that is received from indirect costs must be returned to the city or town. These funds cannot be used to increase the working capital of the school lunch program. Please conform to this procedure and eliminate the possibility of a disallowance when your program is audited.

If any assistance is needed to complete this form, please do not hesitate to contact this office at any time.

USDA Commodity Program to Adopt More Informative Ingredients Label

Assistant Secretary of Agriculture Carol Tucker Foreman has directed that the foods the federal government buys for schools and other feeding programs be labeled with more complete information about the ingredients and additives they contain.

The first product to carry the new ingredient labeling, frozen cooked turkey rolls, will have container labels that give not only the presently required list of ingredients, but also the maximum or minimum percentage of each ingredient in the product, and if it is an additive, its purpose. The United States Department of Agriculture (USDA) will buy the turkey rolls over the summer for delivery to state agencies in time for use this fall.

According to Mrs. Foreman, "this is a significant change in the ingredient labeling of processed foods which the Department purchases. I have long been concerned that food labels do not carry all the information consumers need. We are taking this lead because consumers have told us they want more than simply a list of ingredients by order of importance. They also need to know how much of each ingredient is in the product, and why additives are present. We hope that commercial processors and distributors will take a close look at what we're doing and undertake similar improvements in labels for the consumer market."

The frozen cooked turkey rolls, which USDA's Food and Nutrition Service will distribute to states for use in school lunch and other nonprofit feeding programs, will have the following information on the lable:

FROZEN COOKED TURKEY ROLL
PURCHASED BY US.S DEPARTMENT
OF AGRICULTURE
UNDER AUTHORITY OF SECTIONS
6(a) and 707
FOR USE ONLY AS AUTHORIZED
BY USDA
NOT TO BE SOLD OR EXCHANGED
STORE AT ZERO DEGREES F OR
BELOW IN THIS CONTAINER

Ingredients Statement:

Ingredients in raw roll: Turkey -- more than 94 percent; water -- less than 2.6 percent (dissolves added ingredients); soy protein concentrate or isolate soy protein -- less than 2.5 percent (binder); iodized salt-- less than 1 percent (flavor); sodium phosphate -- less than .5 percent (to retain juices and soluble nutrients); pepper -- less than .03 percent (flavor).

COMING SOON!!

The Massachusetts School Lunch Newsletter is going to be taking on a new look as well as a new name. Be on the lookout for "Directions In School Food Services" soon to be arriving at your school.

Along with turkey rolls, the Department also distributes other poultry products, meat, fruits, vegetables, dairy, grain, and peanut products to states for use in nonprofit food programs. These are acquired under price support and surplus removel authorities, as well as a provision allowing special purchases for the National School Lunch Program.

Commodities distributed to schools comprise about 20 percent of the total food use in the National School Lunch Program. About 80 percent is bought by individual schools or school districts from local suppliers.

REMINDER: FEDERAL REGULATIONS

DENIAL OF LUNCH, BREAKFAST OR MILK AS DISCIPLINARY ACTION

Previous guidance on the subject of denial of meals or milk as a disciplinary action was restricted to those students eligible for free and reduced price benefits. This policy has been extended to those students who pay for their meals and milk.

Therefore, free, reduced price and paid meals and milk are not to be denied to any student in a school receiving Federal food assistance as diciplinary action while the student is in school. Please make this information available to school food authorities under your administration.

COMMODITIES

Flour, All Purpose and Bread. Flour is again available. We have ordered a six month supply and because of the unusually large supply of grain, anticipate having flour for the entire school year.

Processing Contracts. Contracts have been awarded for cheese products, mayonnaise and pasta products. These commodities will be made available to you either directly from the processor or from one of the distributors serving your school. You will receive these foods at a reduced price as USDA commodities will be used in the processing. In the past years those processed foods were available directly from this office.

Processing Survey. You will recall that with May's Commodity Order Form there was a green sheet of paper headed Processing Survey, which you were asked to complete and return with your order form. There were 527 copies returned. The following is the compilation of your answers:

1. (a) Prefer all to be frozen cut-up chicken? 375
   (b) Prefer all to be pre-cooked and breaded? 78
   (c) If some of each, what percentage to be frozen cut-up? 64-50%

2. (a) Did you use the mayonnaise we had processed? 510 yes
   (b) Should we have this product next year? 452 yes

3. (a) Did you use the N.E. style canned beans? 435 yes
   (b) When present supply is gone, should we have more processed? 366 yes

4. (a) Were you satisfied with the USDA beef patties this year? 413 yes
   (b) Should we request the USDA to purchase them next year? 456 yes

5. (a) Did you order the orange juice? 486 yes
   (b) Should be have it processed again next year? 456 yes

6. (a) Are there other types of commodities that you feel we should have processed? 404 yes
   (b) What ones would you like to have processed? Franks, dried eggs, beef pies, catsup, sausage, ham, fish cakes, cake mixes, etc.

COMMODITIES TO BE EXTECTED IN OCTOBER

margarine
ground beef
beef patties
processed cheese
natural cheese
orange juice cups
lemon juice
shortening
dry milk
canned beef
chicken
pea beans
peanut oil
peanut granules
dry prunes
sweet potatoes
rice
canned green beans
cranberry sauce
canned peaches
canned pears

Note: Shipping and purchasing difficulties may make some variation in the above list.

The difference between the total copies returned and the yes answers were either no's or left blank. There were many adverse comments on the beef patties but those desiring to continue to receive this commodity was many times greater.

Section 6 Preference Report. In May we made a special mailing of a form called Section 6 Preference Report in which you were asked to indicate the number of times that you served each commodity during the school year.

In the next few years, Americans will undoubtedly be faced with conversion to the metric system of measurement. Legislation is now before Congress which will make the change-over to this system, already adopted by most American corporations, complete.

This conversion will pose some specific problems for those involved in the food service industry. Recipes will have to be adapted to the metric system and new measuring utensils will replace the familiar teaspoon, tablespoon and cup. But this change also holds many advantages for food service operations. Since the metric system is a decimal system, based on units of ten, convertin recipes for larger or smaller yields will be much simpler. Measurements will be more exact and thereby assure more product uniformity. Also, food service workers trained in the United States would not be at a disadvantage should they choose to work for an organization that operates internationally. So, while the conversion period may seem difficult, it is in our own best interest to "think metric".

CONVERSION OF OVEN TEMPERATURES

Conventional (Fahrenheit)		Metric (Celsius)
200F		100C
225F		110C
250F	very low	130C
300F	low	150C
325F		177C
350F	moderate	180C
400F	hot	200C
450F	very high	230C
500F	extremely high	250C

COMMON UNITS OF VOLUME

1/4 cup (c)	=	59.2	ml
1/3 cup (c)	=	79.2	ml
1/2 cup (c)	=	118.3	ml
1 cup (c)	=	237	ml
1 quart (qt)	=	946	ml
1 liter (l)	=	1.06	qt
	=	1000	ml
1 tablespoon (Tbsp)	=	15	ml
1 teaspoon (tsp)	=	4.9	ml
1/2 teaspoon (tsp)	=	2.46	ml
1/4 teaspoon (tsp)	=	1.23	ml

Breakfast Bonanza Cookies

Yield: 3 dozen

175 ml	butter or margarine
250 ml	sugar
5 ml	vanilla
250 ml	all purpose flour
3 ml	soda
75 ml	Quaker Oats (quick or old fashioned, uncooked)
250 ml	shredded sharp cheddar cheese
6	crisply cooked bacon slices, crumbled

Beat together butter, sugar, egg and vanilla. Add combined flour, soda and salt to butter mixture; mix well. Stir in oats, cheese, bacon and wheat germ, Drop by rounded tablespoonfuls on greased cookie sheet. Bake in preheated moderate oven 177 degrees C) 8 to 10 minutes or until lightly browned.

COMMON UNITS OF MEASURE

1 gram (g)	=	0.035 oz
1 kilogram (kg)	=	2.21 lb
1 ounce (oz)	=	28.35 g
1 pound (lb)	=	453.59 g

COMMODITIES continued from page 5

The U.S. Department of Agriculture is trying to ascertain the amount of each commodity food used in the school year and then if crop production and finances permit, the quantity of each commodity will be purchased.

Even in the USDA is unable to follow through on the purchases this report will serve the purpose of your having the opportunity to designate the foods you prefer and at the same time give USDA figures that will assist them in their purchasing.

Purchase of Frozen Beef Roast. USDA announced the intention to purchase Frozen Beef Roast for child nutrition and elderly feeding programs. Purchases will be on a weekly basis beginning with the week of July 31. The roasts will be prepared from U.S. Choice or U.S. Prime grade beef and individually wrapped and packed to a net weight of 48-60 pounds. Purchases are being made at this time so that the beef roasts will be available for school lunch programs this fall. This will be the first purchase of this commodity since 1967.

LATIN AMERICA

TIJUANA TACOS

ZUCCHINI A LA BRAZIL

FRUIT PINATA

CABELLERO COOKIE

MILK OLE

TIJUANA TACOS

Yield: 100 servings

Pinto beans	4 lb
Ground beef	8 lb
Onions, chopped	1 lb
Garlic powder	1 Tbsp.
Chili powder	1 Tbsp.
Salt	1/2 cup
Tomato puree	3 cups
Taco shells	200
Tomatoes, diced	3 lb
Lettuce, shredded	4 lb
Cheese, processed or cheddar, grated	3 lb

1. The day before, presoak pinto beans (USDA recipe D-1). Refrigerate.
2. The day the menu is served, cook pinto beans and mash.
3. Brown ground beef with onions. Drain off all fat.
4. Add pinto beans, garlic powder, chili powder, salt, and tomato puree.
5. Divide mixture into steam table pans and cover. Put in 200 degree F oven until serving time.
6. Just before serving time, warm taco shells in a 200 degree F oven for 5 - 10 minutes.
7. On serving line, fill each taco shell with a #24 scoop taco filling.
8. Add 1/8 cup shredded lettuce and 1/8 cup diced tomatoes.
9. Top each taco with approximately 1/4 oz. (1 Tbsp.) grated cheese. Have taco sauce available as condiment.

Note: Each two taco serving provides 2 oz. meat/meat alternate and 1/4 cup fruit/vegetable requirement. Tomato puree may be increased to 6 cups for a moister taco filling.

ZUCCHINI A LA BRAZIL

Yield: 100 servings

Onions, chopped	1 lb
Garlic cloves, minced	1
Butter or margarine	4 oz.
Zucchini, sliced	1 qt
Tomatoes, canned	1-1/2 #10 cans
Spanish stuffed green olives, sliced	1/2 lb
Rosemary	1-1/2 tsp
Pepper	1/4 tsp

1. Saute onions and garlic in butter or margarine over medium heat. Stir often until soft.
2. Add zucchini. Saute 10 minutes stirring often.
3. Add tomatoes. Cover and cook over medium heat, 10 minutes, stirring occasionally.

Note: Each 1/4 cup serving provides 1/4 cup fruit/vegetable requirement.

type A menu pattern

The Type A lunch must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup of cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement these foods must be served in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of two or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc. made with whole grain or enriched meal or flour.

MILK: 1/2 pint.

breakfast pattern

FLUID MILK: One half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: A one half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: (One of the following or a combination to give equivalent quantities) Bread, whole-grain or enriched -- 1 slice, Cereal, whole-grain or enriched or fortified -- 3/4 cup (volume) or 1 ounce (weight) whichever is less.

Protein rich foods are encourage when they can be added to the menu.

MSFSA Notes

The Annual MSFSA Convention will be held October 20-22, 1977, at the Boston Park Plaza Hotel (formerly the Hotel Statler - Boston). 1, 2, or 3 day packages are available.

This year's convention theme is "COMMITMENT TO EASY CHILD EDUCATIONAL PROGRAMS" and featured topics of discussion include: "Menu Patterns of the Future", "Layout and Design Ideas for Implementing Change", "Your Place in the Future of School Lunch", and many more we think you will find most interesting and valuable in the coming year.

And, don't forget to see the exhibits! This year there will be 100 booths featuring new products and equipment! A special feature this year is SUPER SATURDAY - a mini-convention in itself. COME EARLY - STAY LATE, a full day is planned. This will be a special day for every dafeteria worker, especially those who have never been to a MSFSA Convetion before. Bring your friends - come en masse - transportation is easy, just fill the buses -- discover LEARNING IS FUN!

Mary P. Nagle
M.S.F.S.A Public Relations
and Publicity

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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Massachusetts

OCTOBER 1977

NUTRITION EDUCATION
and
SCHOOL FOOD SERVICES
Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

GOVERNMENT DOCUMENTS
JUL 31 1978
University of Massachusetts

MASSACHUSETTS SCHOOL FOOD SERVICE TELLS HOW THEY IMPLEMENT NUTRITION EDUCATION

- THEY WERE IN THE NATIONAL SPOTLIGHT NEXT TIME IT COULD BE YOUR TURN

Three Massachusetts communities represented our state at the 68th Annual Meeting of the American Home Economics Association held in Boston in June. They spoke of their cooperative nutrition education experiences between classroom teachers and school food service to approximately three hundred home economists.

Leading the reports were Sylvia Hogan, cafeteria manager, and Diane Insani, a fourth grade teacher in Northborough. They told of their work with fourth grade students using the National Dairy Council's suggested rat experiments to show the importance of eating balanced school lunches.

The two rats donated by the Council to the class, were named LaVerne and Shirley. The first week, LaVerne got oatmeal and milk. Shirley got sugar-water. Each week, new food were added to LaVerne's diet while Shirley was fed only sugar-water. At the end of six weeks, LaVerne was thriving while Shirley was in such bad health that the children could see for themselves the effects of a poorly balanced diet. During the seventh week Shirley was fed milk and was soon feeling much better. In addition to this classroom science work, students learned about the cafeteria and how and why Sylvia plans their meals as she does. All of which added up to a valuable lesson in good nutrition - and one with tangible results! According to Mrs. Insani, by the end of the experiment the children were buying more milk and eating fruit with their school lunches, and they even refused candy at a class party, substituting it with fruits, nuts and vegetables.

Virginia Cawthron, School Food Service Director, and Cynthia Sirois, third grade teacher from Ipswich, delighted the audience with a report written by Mrs. Sirois' class. All of the students wanted to go to the meeting to tell about the adventures they had in nutrition education with Virginia's guidance.

Since that was not practical, they reluctantly allowed Mrs. Sirois to read what they had written and show slides of their activities. The report began, "Once upon a time, there were some VERY smart third graders at Shatswell School in Ipswich. But as smart as these third graders were, they didn't know a lot about food." So, to remedy this situation, the students invited Virginia to answer all their questions. One of the state nutrition specialists, Rita Brennan-Olson, went with her for the first visit. They asked about good snacks, who planned the lunches, how the food was purchased and prepared, and dozens of other questions. The Bureau supplied some materials - but Virginia was able to make the time to visit them often. A "good snackers" club and a "breakfast club" was formed, menus were planned by students, and a visit to the kitchen was arranged so that the youngsters could help prepare one of the lunches they had planned.

There they saw how the food is stored and were overwhelmed by the size of the equipment. The students had the fun of making their very own pizzas (each was marked so that students ate those that they had prepared themselves). In the process, the children learned why they had to wash their hands and wear plastic mitts when handling food. They dropped peanut butter cookie dough onto baking sheets and by doing, developed an awareness and appreciation of the thought and care that goes into each lunch served to them.

Involvement is the tool for understanding, but YOU are the Master Craftsman who can make it happen!

Next month you'll read about New Bedford and the activity sparked by School Lunch Supervisor Jennie Novo, and Clara Crosson, Home Economics Teacher.

AROUND THE WORLD IN 10 MENUS
NOVEMBER

American Indian Day

Teepee Turkey with Gravy
Indian Head Dressing (cornbread dressing)
Medicine Man Salad (apple, cranberry, peanut granules)
Pow Wow Pie (sweet potato pie)
Milk

EQUIPMENT SALE

The Winchendon School Department has the following equipment to sell:

350 Wire Baskets for packing foil meals

1 Conveyor that will deposit 18-25 trays per minute

4 Oven Carts for heating meals

Several Thermal Blankets

Foil and Plastic Dishes

Contact Mr. Joseph E. Lillie, 102 Front Street, Winchendon 01475
Tel. 297-0740

SENIOR HIGH STUDENTS TAKE THEIR CHOICE

Last September a provision went into effect that changed the service of the Type A lunch for students in Senior High Schools.

Aimed at reducing plate waste, the provision calls for a change in the reimbursement policy for senior high schools, requiring these schools to "offer" instead of "serve", the Type A lunch.

What exactly does this mean? Until this provision, each senior high school student had to be served five items from four Type A lunch components - a serving of meat or meat alternates, two servings of vegetables and fruits, bread and milk. Now, all the five Type A items must be offered to the students but they do not have to take all five if they do not intend to eat them. As long as students take at least three different food items, the schools can claim the lunches as "complete" and be reimbursed for them.

Many supervisors were concerned that the new provision would weaken the nutritional aspect of the lunch if the students are allowed to "take what they want". However, many schools that used this concept last year found that participation increased and the majority of the students were choosing nutritional lunches by selecting more than three items.

How did the supervisors accomplish this? Well, most senior high schools have been offering choice menus and a la carte items for many years to the senior high school students so the basis of the "offer vs. serve" concept is already there. By integrating the choice system with effective merchandising of appealing, high quality food items, the students had an opportunity to take the items they knew they would eat from all components of the lunch. Plate waste has been reduced dramatically.

To be successful with the "offer vs. serve" concept, the students must be informed of the new concept so that they understand it.

This can be done by the Supervisor working with the Student Council or the editor of the school newspaper to have them get the message across. Attractive signs in the lunchroom, made by the art department, will help the students identify the different components of a complete lunch.

Once the students understand that they can take three, four of five items for the same price, they begin to act like responsible young adults and choose the food wisely and eat it all rather than throwing half of it away.

The second factor for success is to offer choices, choices, choices of all components of the lunch.

Offer hearty main dishes, salad plates, a variety of hot and cold sandwiches on different kinds of breads or rolls.

Instead of the usual one or two canned vegetables, offer properly cooked colorful frozen vegetables, small fruit or vegetable salads, green salads, ice cold fruit or vegetable juices, raw vegetable trays and pieces of fresh fruit.

If there are enough choices within each component, every student is sure to find something to his liking and will select and eat a good nutritious lunch.

By getting to know your customers and using good forecasting techniques, this new system is really not too difficult to operate. Certainly, it will be more rewarding for everyone in the kitchen to know that their efforts in preparing the food are appreciated. The food is eaten, plate waste is kept to a minimum and their's and school lunch's popularity increases with the senior high students.

SUMMER CONFERENCE AT STONEHILL

This year's Summer Conference at Stonehill College drew a larger response from school food service workers than ever before. Members of the conference, numbering 315, from all over the state and included supervisors, managers, cooks, bakers and general workers.

The week long conference began with course registration on Monday, August 15th and concluded with the awarding of certificates on Friday, August 19th.

A variety of courses were offered to meet the specific needs of everyone in attendance. They included the new supervisors course, new managers course, the quantity food production course and courses on cost allocation, safety and sanitation, nutrition education, merchandising, good work habits and care of small equipment.

For the cooks and bakers in attendance the highlight of the conference were the daily demonstrations on Food Preparation Techniques and the Art of Baking.

The personable instructors of these demonstrations were both from the Culinary Arts Department of the Assabet Valley Regional Vocational School in Marlboro. They were Robert Daley, Department Chairman and Horst Nuermberger, Baking Instructor.

During the food preparation demonstrations, Mr. Daley prepared sauces, various chicken and turkey items, several ground beef dishes and main dish salads. All through the demonstrations he stressed the importance of proper cooking techniques, the attractive appearance of food, the correct seasonings and the final eye appealing presentation of the food to your customers.

Mr. Nuermberger produced, every day, delicious baked goodies such as breads, rolls, muffins, cakes, cookies and pies. Many of these items made use of the donated foods such as the shortening, oil, peanut butter, peanuts and canned fruits. The "bakers" in the audience learned many important baking techniques each day such as accurate weighing on bakers' scales, proper mixing, correct temperatures, baking terms, and even fancy cake decorating.

The faithful assistants, who worked with Mr. Daley and Mr. Nuermberger, on the demonstrations were Dolly Corsetti and Lucy DeMasi of the Woburn School Food Service Program and Helen Mello and Rita Pietavino of the New Bedford School Food Service Program.

Continued on page 6

Commodities to be expected in November 1977

Butter
Chicken Frozen
Turkeys Frozen
Turkey Rolls
Ground Beef Frozen
Cd. Beef & Gravy
Processed Cheese
Flour, All Purpose
Flour, Bread
Cranberry Sauce
Peanut Butter
Peanut Oil
Peanuts Roasted
Pea Beans
Cd. N.E. Beans
Peaches Cd.
Pears
Rice
Lemon Juice
Sweet Potatoes Cd.
Dry Milk

Shipping and purchasing difficulties may make some variations in the above list.

Flour, Bread & All Purpose

Because of the reported large harvest of wheat and the desire of the U.S. Department of Agriculture to provide for our needs, we should be able to plan on flour for the entire school year.

To correct a misconception - when flour is provided to a processor of bread & rolls, it is not deducted from the amount the schools will receive, it is given in addition.

Average No. of meals Served Daily

At the bottom left hand side of the Commodity Ordering Form, are two lines one of which reads "Average No. of Meals Served Daily", and the other reads "Average No. of "A" Meals Served Daily". The latter line is self explanatory. The intent of the first line is for schools that serve other meals that do not meet the type A pattern so that if they need additional quantities of such foods as dried milk, butter, flour, shortening and peanut oil, we will know they are entitled to them based on the figure shown on this line.

Return of Commodities by Summer Camps

We are most grateful to you supervisors who cooperated in accepting all commodities that the camps in your area may have returned.

Camping season is another year away, but just so there will be no misunderstanding - school commodities are never to be released to summer camps without the permission of the State office.

Commodity Outlook

This year's purchases will equal if not exceed those of last school year. The types of commodities will be about the same. As we go to press, the U.S. Department of Agriculture announced that since July 1 purchases of turkey totals 11,690,000 pounds with a value of $6,436,000 and 11,340,000 pounds of turkey rolls at a purchase price of $17,334,000. Purchases continue.

Continued on page 6

Processing Contracts - Approved

1.	Cheese Corporation	-	Pizza & Cheese Products
2.	Doxsee Corporation	-	Mayonnaise & related products
3.	Dreikorn's Bakery	-	Bread & rolls
4.	Keebler Company	-	Cookies
5.	Magaziner's Bakery	-	Grinder & Water rolls
6.	National Biscuit Co.	-	Cookies
7.	Original Crispy Pizza Crust Co.	-	Pizza & Cheese Products
8.	Prince Macaroni Co.	-	Pasta Products
9.	Quaker Oats Co.	-	Cookies
10.	Reymond Baking Co.	-	Bread & Rolls

The popular, Quantity Food Production Course, with its limited enrollment, was conducted successfully in the kitchen of the Southeastern Regional Vocational School. Mary Lovely, Food Service Director of Southeastern and Louise Watts, Project Director of the Bureau of Nutrition Education and School Food Services guided their 16 students each day in the actual production of a complete Type A lunch.

The evaluations of the conference indicated that everyone gained useful knowledge to help them on their jobs and everyone had an enjoyable week. One poetic conferee summed up her week like this:

Talented instructors
A few good laughs
Learned a pint is two cups
Or a quart cut in half
The meals were quite filling
Coffee breaks were just great
The women were friendly
See you all in '78.

ACCOUNTING NOTES

As of this date some Sponsors have not filed Form CA-2 "Meal Cost Allocation."

Data received on this form will be used to establish your reimbursement rate for the 1977-1978 school year. Please be reminded that your application to participate in the National School Lunch Program will not be approved until this form has been submitted and approved. Your September Reimbursement Claim will not be accepted and a new reimbursement rate assigned.

Please comply to this request as soon as possible.

the breakfast pattern

FLUID MILK: One half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: A one half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: (One of the following or a combination to give equivalent quantities) Bread, whole-grain or enriched -- 1 slice, Cereal, whole-grain or enriched or forfigied -- 3/4 cup (volume) or 1 ounce (weight) whichever is less.

Protein rich foods are encouraged when they can be added to the menu.

type A menu requirements

The Type A lunch must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces (edible portion as served) of lean meat, poultry, or fish; or two ounces of cheese; or 1 egg; or 1/2 cup of cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of two or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full stength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

MILK: 1/2 pint.

PURCHASING OF DOMESTIC FOODS

United States Department of Agriculture instructions read: "All Program sponsors should purchase domestic food items to the extent practicable in order to promote the increased consumption of domestically produced agricultural products".

All sponsors are requested to abide by this policy to the maximum extent possible as a means of fulfilling the Congressional intent of the National School Lunch Act and the Child Nutrition Act in assisting the nation's economy, and in promoting the marketing of American-produced foods.

FINANCIAL MANAGEMENT - COST ALLOCATION

Please refer to the packet you received at the meeting on cost allocation. On page 10 line 5 change the word prepared to served. In example 3, the production control, change the unit cost to .2593.

MSFSA Notes

The Annual Massachusetts School Food Service Association Convention is fast approaching. I hope that each school system in The Commonwealth will be well represented.

There will be dynamic speakers with many new innovated ideas for you to take back to your schools. You can re-new old friendships and also make new friends too! Remember the date and the place -- October 20, 21, and 22 at the Boston Park Plaza Hotel (old Statler Hotel).

We are very fortunate to have on our program our National President, Mrs. Gene White from California who will discuss our "Committment to Every Child". Doesn't it sound exciting? So please mark the dates on your calendar and I will look forward to seeing you.

Mary P. Nagle
Publicity Chairman
M.S.F.S.A.

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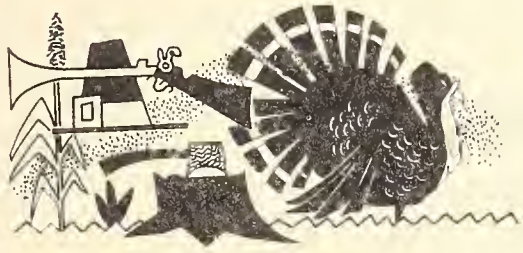
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HAPPY THANKSGIVING

NOVEMBER 1977

FOOD SERVICE: MORE TO IT THAN COOKING

Good quality is important if high student participation is to become a reality. High quality can be achieved in mass food production. Essential factors are good menu planning, imaginative use of foods, careful food purchasing and storage, food preparation techniques that preserve nutrients and produce tasty, eye appealing products, fast service, and scrupulous sanitation.

Menu Planning is the axis around which revolve all other phases of the school food service program. Menus must be carefully planned to meet the daily Type A lunch requirements. Two to four weeks of advance planning is necessary for efficient food purchasing, good work scheduling and equipment use.

Menus should offer meals at minimum cost. They should be descriptive and appeal to the school age youth. Meals should be adjusted to meet the needs of the various age groups.

The Type A pattern is designed for 10 - 12 year olds. When the correct amounts of all components are contained in the lunch, these children receive one-third of their required daily nutrients.

For the 6 - 9 year olds, this meal may be reduced to suit their smaller appetites. As with all school-age groups, but particularly for the small children who are experiencing many new foods, it is important that the meal be as palatable as possible, and that the different foods go well together.

Teenagers require more food. Extra food and larger portions should be offered to them. Because they have developed definite food tastes by this age, they should be offered a meal choice.

Evaluate Your Menus

Are the Type A requirements met?

Are good sources of iron included everyday?

Is a good source of vitamin A included at least twice a week?

Is a good source of vitamin C included frequently?

Are there color contrasts?

Is there a contrast in temperatures?

Are a variety of flavors, shapes, and textures included?

Are descriptive terms used to promote the menu?

Are ethnic oriented meals included?

Are seasonal and holiday foods included to add interest?

Is careful use made of available equipment?

Is sufficient pre-planning given to work scheduling?

Is the best use made of donated foods?

Have high and low cost foods been counterbalanced to form a reasonably priced menu?



AROUND THE WORLD IN 10 MENUS

DECEMBER

SCANDINAVIAN DAY

MIDNIGHT SUN MEATBALLS WITH GRAVY

LAPLAND POTATOES VIKING VEGETABLES

COPENHAGEN CABBAGE WITH CRUSHED PINEAPPLE

REINDEER RYE BREAD

FJORD FRUIT PASTRY SNOW MILK

Suggestion: use swedish meatballs w/gravy over boiled potatoes. For vegetables serve peas and carrots and shredded cabbage w/crus pineapple.

THEY WERE IN THE NATIONAL SPOTLIGHT - PART II

As promised in the last issue, this month we have another proud tale to tell concerning nutrition education ... a cooperative effort among school food service, teachers, and students. The third Massachusetts school represented at the National Home Economics Association Annual Meeting in June was New Bedford High School.

Mrs. Clara Crossan, Chairperson of the Home Economics Department, contacted Director David Sameiro's Food Service Department. He was on extended sick leave so she spoke to Jennie Novo, Supervisor of School Food Services about their mutual concerns which were as follows:

* The overall nutritional status of students
* Improved student participation in school food service
* Nutrition knowledge of students and teachers
* Understanding the responsibilities, constraints, and regulations of school food service

They approached the solving of these matters from two angles, simultaneously. A food preference survey was prepared and conducted by Jennie and Clara with the approval of the principal. They also called the nutrition education section of this Bureau and arranged for a promotional program and an in-depth, multi-session workshop for teachers.

The survey produced a variety of positive results:

* An E.A.T. (Eaters' Advisory Team) was formed. The members still meet with Jennie to discuss menus and taste-test new food items

* A monthly cycle menu was established that added more variety. It also included a choice of entrees.
* Participation in school lunch improved more than 20%

The promotional program and workshops brought about an increased awareness of the nutritional needs of children and adults, as well as the inclusion of nutrition activities in many areas of the curriculum such as science, social studies, home economics, and foreign language classes. Students and teachers have become smarter consumers and citizens through exposure to a variety of resources dealing with legislation and the importance of food in the economy and health of this country and the world.

All of this was presented by Jennie and Clara via a fascinating slide-tape show with musical background. Their students and media specialists at New Bedford High helped them with its production --- and it really was outstanding.

An interesting addition to the New Bedford story is that it is still on-going. The E.A.T. is an important adjunct to school food service. With the cooperation of the foreign language department, more ethnic menu days have become a school feature. This year, Italian Day has been celebrated with the elementary schools participating, too. Parents of kindergarten and first grade youngsters came to lunch and ate with their children. Now more people in the community have first hand experience with what is being done, nutritionally, for their children.

Join the bandwagon! Get Involved! Spread the word! It can happen in your school, if you help!

COMMODITY NEWS

COMMODITIES TO BE EXPECTED IN DECEMBER 1977

Butter
Chicken, Frozen
Turkey, Frozen
Ground Beef, Frozen
Cd. Beef & Gravy
Processed Cheese
Flour, All Purpose
Flour, Bread
Dry Milk
Peanut Butter
Peanut Oil
Peanuts Roasted
Pea Beans Dried
Cd. N.E. Beans
Rice
Lemon Juice
Sweet Potatoes Cd.

Shipping and purchasing difficulties may make some variations in the above list.

FRENCH FRIES

After receiving a cancellation of twenty five cars of french fries, we have received word from the USDA that we can again request french fries, but it may be January before delivery is made. Unusually wet weather has delayed the harvest of the potato crop.

ORANGE CONCENTRATE

The latest word from the USDA on orange concentrate is that because of the hard freeze last winter, we will not have any concentrate this year.

BEEF ROASTS

After an unusually lot of publicity on this purchase, it amounted to two cars for our state with the program being discontinued. We will be receiving large supplies of ground beef to offset the small purchase of roasts.

TRANSFERRING COMMODITIES

Please be advised that it is not permissable to exchange commodities with other supervisors unless you first receive permission from this office.

INVENTORY

Are you maintaining an accurate inventory of all donated foods? It will be very helpful to you to consult the inventory before ordering more commodities. When used properly, an inventory keeps stock moving, helps reduce spoilage and waste and avoids overstocking.

SECTION 6 COMMODITIES

The Section 6 commodities are purchased from annual appropriations of Congress for students participating in the National School Lunch Program. These foods are to be made part of the Type A Lunch. Use of Section 6 commodities for a la carte servings is not permissable.

ESTABLISH A CLEANING PROGRAM FOR EQUIPMENT

Do you have an equipment cleaning program with written cleaning schedules for daily, weekly, or monthly duties? Unless you have something in writing, it is surprising how easily time can slip by without getting these regular chores done.

A good food operation depends upon the proper cleaning of its equipment. It is necessary to keep high standards of sanitation in food production and it plays an important part in keeping high employee morale. Employees who work with clean equipment and who are trained to keep that equipment clean, take pride in their work and the food they produce.

The first step toward making a schedule is to decide the best time of day for cleaning each piece of equipment and how often it should be done. Make a separate check list for daily cleaning, weekly cleaning and/or monthly cleaning. Write a set of instructions for each piece of equipment in the kitchen giving the cleaning materials needed, a brief description of the job to be done, time of day, and person responsible for each job. The instructions should be brief and clear. It will be necessary for you to instruct each person individually. First, tell the worker why the job is to be done; next, how it is to be done; then, actually show him explaining each step. The worker should do the job for the first time under supervision. Periodic check should be made to assure efficiency. The following is an example of a cleaning schedule:

REACH-IN-REFRIGERATOR--Daily Cleaning: immediately wipe up any food that has spilled, wipe inside and outside of doors with damp cloth, wipe exterior with damp cloth. Weekly Cleaning: Remove food and cover or wrap to minimize temperature changes. Wash shelves, walls, and inside of doors with warm water and baking soda (one tablespoon soda to one quart of water). Wash exterior as needed. Replace food in clean containers. Defrost when necessary.

Food service equipment is expensive and improper cleaning can mean high maintenance costs.

the breakfast pattern

FLUID MILK: One half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: A one half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: (One of the following or a combination to give equivalent quantities) Bread, whole-grain or enriched -- 1 slice, Cereal, whole-grain or enriched or forfigied -- 3/4 cup (volume) or 1 ounce (weight) whichever is less.

Protein rich foods are encouraged when they can be added to the menu.

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BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

MILK: 1/2 pint.

TRADE JOURNALS

The journals listed below have free subscriptions. You may wish to request some of them.

INSTITUTIONS
Division of Reed Publishing Corp.
Chicago Division
5 S. Wabash Avenue
Chicago, IL 60603

FOOD MANAGEMENT
757 Third Avenue
New York, N. Y. 10017

FOOD SERVICE MARKETING
2132 Forden Avenue
Box 7158
Madison WI 53704

RESTAURANT HOSPITALITY
614 Superior Avenue, West
Cleveland, OH 44113

MSFSA Notes

The primary goal of schools is to educate students. As school food service personnel, we are very involved too in the educational process of the students in seeing that they are nutritionally educated. This is a health benefit to the students now and will carry through for their lifetime.

Please support your association by renewing your membership and encouraging new members to join MSFSA. This is our professional organization which helps to keep us informed and knowledgeable in ways of carrying on our work.

BECOME INVOLVED

Mary P. Nagle
Publicity Chairman
M.S.F.S.A.

: Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

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DECEMBER 1977



GREETINGS TO OUR FRIENDS AT CHRISTMAS TIME

May the beautiful and familiar story of Christmas with its promise of peace on earth and good will to all men warm our hearts throughout the year.

With our best wishes for a happy holiday season comes our "Thank You" for all you have done to help the children of our state. We appreciate the support and cooperation you have always given us and we will continue to serve and help you in every way we can.

Best wishes to you and yours for a happy, successful and healthy New Year!

Sincerely,

John Stalker

John C. Stalker and Staff

****

EASTHAMPTON MAGIC: CHANGING SNACKERS INTO LUNCH EATERS

What makes the new "offer vs. serve" menu at Easthampton High School an exciting story? For an answer, follow the many facets of planning and achievement that changed a student body of snackers to one of full-lunch eaters. Typical High School participation in Type A meals last spring of below 50% now has skyrocketed to above 90%, averaging about 93% quite consistently.

Unusual class schedules last year made it necessary to have both Type A meals and snack items available all day long. Most students in this pressured schedule chose snacks and resale items. This year a revised class program permitting all students longer lunch periods combined with

the new offer vs. serve menu presented a real challenge to Mrs. Adele Lunn, School Food Service Director. She explored many solutions to the problems of space, existing and desired equipment, wide food choices to be included or excluded, personnel staffing, and general policies needing administrative support as well as student orientation.

In the spring Mrs. Lunn arranged for school-wide publicity. Students were alerted that in the fall snacks would be eliminated and that meals including many popular choices would be offered. There was a small amount of student reaction to the proposed elimination of snacks. But by fall, students staged no protests and gave the new program a fair chance. The "fair chance" became immediate acceptance, and after several months, the high participation shows students will be full-lunch eaters when given good choices.

The form of offer vs. serve food service selected by Mrs. Lunn as being best suited to the existing area and equipment of the school was the scramble system. Her intent was to offer many hot and cold sandwiches, salads, fruit and milk in a space adjacent to the normal Type A line. By strategic placement of foods, identifying signs, traffic guiding barriers, and cashier stands, students were assured of faster service than in straight line single menu systems.

Ingenuity can save taxpayers money. The traffic guide posts were fabricated from cast-offs of town garages and junk yards. Some skilled welding and paint work produced minimum cost traffic guides and saved school funds for specialized new kitchen equipment.

Some new equipment for the offer vs. serve menu was needed to prepare and serve the larger variety and quantity of hot and cold sandwiches at quality conditions. The items selected and installed included a large capacity grill, a deep-fat fryer, a frankfurter rolling grill, several counter hot lamps or warmers, a fire protection system, and a variety of smaller items such as a sandwich wrap sealer, multi counters and condiment dispensers. Other equipment in the original kitchen was adequate for preparing sandwich fillings, salads, and doing the final cooking of standard Type A menu items semi-prepared at the central kitchen.

There is an excellent transport system in the Easthampton lunch program operation. On a full eight hour daily schedule carefully coordinated to move foods, money and supplies among five schools, the system assures daily security of money, tickets and records; centralized quality food production and high productivity in overall meals per man hour for the whole program.

In staff management, several factors should be noted in discussion of the new offer vs. serve system. First, the staffing pattern was carefully worked out by Mrs. Lunn according to the lunch schedules of the school, analysis of duties to be done, the time needed, and the number of persons needed to perform the required duties. The result of this scheduling is a schematic blocking pattern of eleven employees at peak time and others reporting at earlier staggered times according to duties and work required. The few staff in the kitchen at early preparation time accomplish work with a minimum of distraction. The employees who arrive in late morning are on a job rotation schedule covering all duties of grilling, serving, cashiering and pot washing. As a consequence there are no "queens" of the grill or cash registers, but instead each employee moves into all positions on a

regular schedule. This rotation schedule also includes sequences that assure that novices work with the more experienced, or that one day's training as an assistant is worked before doing more responsible or demanding work.

In addition to general duties of staff, one additional responsibility of the unit manager is to take part in cooperative menu planning with the central kitchen manager and Mrs. Lunn. Pre-planning of menus on a three-week basis is done by the three in a morning-long session, and assures complete understanding of their inter-related work as well as giving an opportunity for discussion of other production or problem concerns.

Staff management efforts also include preliminary work on job descriptions for all major positions and those of the rotation schedule, and an attempt to work out analysis of meals per man hour. The latter is a perplexing problem at this time, however, because of centralized preparation of some food items at another location and variations of staff activity according to changing menus and their work requirements.

The listing of regularly offered foods in the scramble area includes student-popular hamburgers, frankfurters, french fries, green salads, juice, fresh and canned fruits, large salad plates, a variety of six to ten cold protein sandwiches, and sometimes other items such as sloppy joe or fishburger. Currently, the director is also considering offering a hearty "soup kettle" every day.

The appearance and quality of food rate high. The use of counter lamps to maintain heat (and texture of fries) and the grilling of franks at the service location give the lunches more appeal than the standard Type A line. Packaging of salads and canned fruits in plastic dishes with clear lids gives eye appeal. Sandwiches are given the special wrap of the triangular box with clear over-wrap showing generous fillings of thinly sliced meat or other readily identifiable filling. Sandwiches are so well wrapped to protect freshness that any refrigerated leftovers are still in good condition for service a second day.

At every location of food service, there is a production and service tally record kept. These preparation and service counts are checked with the cashiers' multi counter tallies to develop the necessary daily records for claims, financial data, and number of meals served.

None of the items in the offer vs. serve area or in the normal Type A lunch line is permitted to be sold as a single unit by decision of the Director and concurrence of the School Administration. Students may purchase the traditional Type A lunch or milk only in one line, or purchase lunch of their free choice in the scramble area - but they may not go to any area to buy just one food. This decision seemed necessary to reduce the problems of cashiers and give students the fastest system possible. Students accept this limitation very well and select and eat more items than if single a la carte sales were offered. Diningroom waste is minimal, students seem to eat well the items they personally select.

In a one-week recent time period the production and service records showed the offer vs. serve meals (food only) averaging .40 each while the other Type A menu averaged slightly less at .37. Surely there will be

wider cost fluctuations as seasonal changes in foods occur. But Mrs. Lunn will adjust the items, the size of the portions, or increase the use of commodities to try to maintain cost similarity.

All students including those qualifying for free and reduced price meals have an excellent food service choice every day at Easthampton High School and 93% lunch participation means "they're certainly doing something right!"

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PROPOSED MENU PATTERNS

The Food and Nutrition Service, U. S. Department of Agriculture is proposing new menu patterns for five age groups. The major purposes of the proposed changes in the lunch requirements are to meet more accurately the nutritional needs of children of varying ages and to bring the lunch requirements into conformance with the 1974 revisions of the Recommended Dietary Allowances.

Interim regulations are being developed to authorize State agencies and School Food Authorities to voluntarily participate in an effort to field test the new meal patterns. Anyone interested in taking part in this pilot project should contact Louise E. Watts, 617-727-5764.

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PAULA'S CHOCOLATE CINNAMON BUNS

INGREDIENTS:	200	300	400	500	600
Warm water	4 qt. 2 tb.	6 qt. 6 tb.	8 qt. 1/4 c.	10 qt. 1 c.	12 qt. 1 c.
Yeast	2/3 #	1 #	1 1/3 #	1 2/3 #	2 #
Shortening	2 # 14 oz.	4 # 6 oz.	5 3/4 #	7 1/4 #	8 3/4 #
Salt	1/3 c.	1/2 c.	2/3 c.	13 1/3 tb.	1 c.
Sugar	3 #	4 1/2 #	6 #	7 1/2 #	9 #
Eggs, fresh	22	33	44	55	66
Cocoa	1 # 3 1/3c.	2 # 3 c.	3 # 2 2/3 c.	4 # 2 1/3 c.	5 # 2 c.
Flour, weighed	13 1/2 #	20 1/4 #	27 #	33 3/4 #	40 1/2 #

METHOD: Soften yeast in lukewarm water (adding some of sugar). When the yeast action has started, add 1/2 the flour, sifted with salt, remaining sugar & cocoa. Beat well, add eggs and shortening until mass is satiny. Add remaining flour. Let rise double in bulk. Punch down and cut off in 2 # sections. Let these rest on buttered sheet 10 or 15 min. Roll out sections on lightly floured board into 18 x 24 rectangle. Brush with melted butter, sprinkle generously with cinnamon and sugar mixture used in regular cinnamon rolls. Roll up (not tightly) and cut into 1" widths. Place on greased pans, cut side down. Brush with melted butter (be sure flour is brushed off outside of rolls). Set in warm place to rise until double in bulk. Bake at 375 deg. for 25 - 30 min. When out of oven, drizzle with white or chocolate icing.
M.S.F.S.A Convention, Paula Barletta, Yuma, Arizona

USE AND MAINTENANCE OF EQUIPMENT

Food Service equipment is expensive and improper operation can cause high maintenance costs. To use the equipment properly, employees must be instructed and given supervision until they are confident. Proper operation is also a safety factor. Manuals containing instructions for operation of equipment as well as service should be kept on file. Simple, step by step procedures should be copied and kept either on a bulletin board or posted nearby for easy reference.

Proper equipment maintenance minimizes wear, reduces repairs, and produces quality products. Three factors important for establishing and maintaining a good maintenance program are: 1. correct operation; 2. proper cleaning; 3. periodic service and repair.

A set of file cards should be made to record vital statistics for each piece of equipment. The card should identify the item, manufacturer, date of purchase and model numbers as well as other data recorded in the sample card below.

EQUIPMENT RECORD - (Front of card)

Item Food Slicer Cost $855.00

Name _____ Manufacturer Hobart Manufacturing Co.

Model Number 410 Serial Number 15643-A Motor Number _____

Capacity 0" - 3/4" slice Attachments Stone Knife Sharpener, Hone

Operation: ☐ Gas ☐ Steam ☐ Hand ☑ Electric-Voltage 115 Cycle 60 Phase 1

Sales Company John Doe Sales Address Main Street, Mass.

Purchase Date 11/2/76 Guaranteed for 24 mos. Free Service Period 6mo.

To be repaired by Bill Smith Address Main Street, Mass Tel. 734-9000

REPAIRS - (Back of card)

Date	Description	Cost
4/10/77	Sharpen blade, instruction on use of blade sharpening attachment	$ 0.00

Note that space is provided specifically for recording the type and cost of repairs and dates of check-up or service calls. It should be understood by all concerned that as soon as improper functioning occurs, an immediate report should be made to the manager or supervisor. Periodic checks (including lubrication and cleaning of motors) should be done at regular intervals by a qualified serviceman. Some of the larger school systems having their own maintenance departments have competent men able to do this. They should be provided with complete information, manuals, and instructions for repair. If such information is not available, it should be obtained from the manufacturer.

Preventive maintenance catches breakdowns before they occur.

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"T. R. COMES ALIVE!"

"Speak softly and carry a big stick." This familiar phrase, probably first heard by you in some forgotten history class, recently came alive for junior high school students in Randolph, Shrewsbury, the Washington Irving School in Roslindale and the Robert Gould Shaw School in West Roxbury.

Co-sponsored by the Massachusetts Department of Education and the Florida Citrus Commission, actor Bob Boyd, portraying Teddy Roosevelt, visited each of the above schools for one day during the week of November 7 and 11.

His task was to promote the importance of good nutrition as part of the total picture of physical fitness, using the character of Teddy Roosevelt as his tool. As a boy, a family man, and a president, Roosevelt believed that a sound mind and body are the result of plenty of rest and exercise, and an adequate diet.

During mid-September the various schools were selected and preparation began at each school for the President's visit.

In social studies classes, research began on Teddy Roosevelt's life, as well as the political issues and culture of the early 1900's. Students transformed walls and bulletin boards into historical galleries, and auditoriums into patriotic forums of red, white and blue. Social Studies Department Chairperson at Shrewsbury Junior High, Amy O'Leary, was publicly commended by administrators for her skill and enthusiasm in preparing that school for the visit.

Music directors began rehearsing for the big day with themes ranging from "Hail to the Chief" to "America the Beautiful". Through their efforts sounds generated by the school bands drummed up further excitement and pride within every student for his school, community, and country.

Student press agents and press secretaries were taught in Language Arts Classes the importance of developing concrete, information-oriented questions to ask during the press conferences. As a result, Roosevelt was faced with questions ranging from his experiences as a rough rider and a big game hunter, to his concerns for conservation of natural resources and physical fitness.

Much appreciation must be given to school food service personnel, for it was through these people that the program was coordinated. Lunches including "San Juan sandwiches" and White House Vegetables", were, as always, enthusiastically prepared. Refreshments for evening performances attended by both students and parents included among others, delicious "Orange Breakfast Squares" and fruit juice. In Roslindale, school food service personnel showed outstanding enthusiasm by making their own costumes for the big day.

When that "big day" finally arrived at each school, T. R. was greeted with everything from a police escort to a salute performance by student colorguards. Throughout every press conference and evening assembly, Boyd continually displayed the many strong convictions of Theodore Roosevelt, including that of good nutrition.

By the end of his exhausting week as combination actor-teacher, Bob Boyd must have felt a great sense of accomplishment and satisfaction, knowing that he contributed so much excitement to the education of so many young students. Upon his departure from Massachusetts, Boyd left students, teachers and school food personnel with a new awareness of themselves and the world around them, described by one individual as "a real tingling feeling inside you".

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ACCOUNTING NOTES

In regards to reporting funds received in lieu of Commodities:

All sponsors must establish a procedure to account for the receipt and disbursement of the funds received and must retain such records for a period of three years after the end of the fiscal year to which they pertain.

Federal Regulations states that a sponsor must establish controls and procedures to assure that the cost of food purchased with funds made available through the Commodity Program are not included in the cost used to determine the amount of reimbursement to be paid under the school lunch and school breakfast program.

This means that when you are preparing your monthly financial report FP-6B, the food purchased with funds received in lieu of commodities should not be included in the cost of food purchased - Line H of Section 6.

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MENU MERCHANDISING

George D. Cole, Food Service Coordinator of the Quincy Public Schools and his staff are using some imaginative merchandising techniques on the school lunch menus sent home to the elementary school students each month.

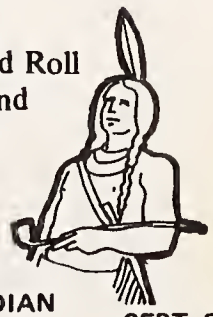
The layout of the menus requires a good deal of thought and effort but the response to the colorful menus has been so great that it is all worthwhile. Seven thousand copies are printed at .02 each and participation in the program has increased to 73% of the students.

A sample copy is reproduced on Page 8.



ELEMENTARY SCHOOLS

qps quincy public schools
FOOD SERVICES DEPARTMENT
TYPE "A" LUNCH MENU
September 7 - 30, 1977

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY  SEPT. 5	 FIRST OFFICIAL FLAG MADE BY BETSY ROSS SEPTEMBER 1777 SEPT. 6	MORNING SESSION ONLY  SEPT. 7	Fruit Juice Hot Pastromi in a bun with Condiments Cole Slaw Peanut Butter Bar Beverage SEPT. 8	Citrus Refresher Golden Brown Icelandic Haddock served MacDonald Style on a bun with Tater Coins and Condiments Spice Cake Beverage SEPT. 9
Salisbury Steak with Gravy Seasoned Carrots Buttered Dinner Roll Sliced Peaches Peanut Butter Bar Beverage  HUDSON RIVER DISCOVERED 1609 SEPT. 12	ROSH HASHANA NEW YEAR BEGINS  SEPT. 13	Chicken Filet with Gravy Buttered Peas Cranberry Sauce Buttered Dinner Roll Apple Turnover Beverage SEPT. 14	Grape Juice Sloppy Joe on a Hamburg Roll Buttered Carrots Chocolate Snack Pak Beverage  WM. H. TAFT 1857 SEPT. 15	Fruit Punch Submarine Sandwich with Cold Cuts and Cheese Orange Cup Cake Beverage SEPT. 16
Grape Punch Italian Style Meat Ravioli with Green Beans Garden Salad Dinner Roll with Butter Cocoanut Macaroon Beverage  BOSTON TEA PARTY SEPT. 19	 JOSIAH QUINCY AUTHOR AND EDUCATOR 1772 - 1864   SEPT. 20	American Chop Suey Seasoned Green Beans Buttered Dinner Roll Fruit Jello Beverage SEPT. 21	Grilled Frankfurt in a Roll Relish and Mustard Buttered Corn Apple Crisp Beverage YOM KIPPER  SEPT. 22	Apple Juice Tuna Fish Salad Roll Potato Chips and Chips of Pickle Brownie Beverage 1ST DAY OF AUTUMN AMERICAN INDIAN DAY  SEPT. 23
Hamburger in a bun Potato Puffs Fruit Jello Butter Cookie Beverage SEPT. 26	CONSTITUTION ADOPTED 1787  SEPT. 27	Italian Style Pizza with Cheese Tossed Salad Coconut Macaroon Beverage SEPT. 28	Grape Juice Grilled Frankfurt in a Roll with Relish and Mustard Buttered Corn Peanut Butter Cookie Beverage SEPT. 29	Apple Juice Oven Baked Fish Served on a Hamburg Roll with Condiments, MacDonald Style Tater Coins Snow White Cup Cake Beverage SEPT. 30

The Boston Red Sox need Vitamin A for sharp vision and good health so they can play ball.

WHY IS VITAMIN A NEEDED?

1. For normal growth
3. For developing normal vision



Free meals and reduced priced meals are available to children whose parents qualify according to income scale, which is posted in the school office. Applications for free meals and reduced price meals are available in every school office.

COMMODITY NEWS

COMMODITIES EXPECTED IN JANUARY 1978

Butter
Beef, Ground Frozen
Chicken, Frozen
Turkey Rolls
Cheese, Processed
Flour, All Purpose
Flour, Bread
Milk Dried
Peas, Cnd.
Tomato Paste
Tomatoes
Peanut Butter
Peanut Oil
Peanuts, Roasted
Shortening, P. O.
Pea Beans, Dried
Rice
Lemon Juice
Peaches, Cnd.
Cranberry Sauce
Mixed Fruit Cnd.
Pears

Shipping and Purchasing difficulties may make some variations in the above list.

Turkey Whole Frozen

We have been advised that our allocations of whole turkeys for January have been delayed due to low national production. We will advise you when further information becomes available.

Mixed Fruit, Cnd.

This commodity will be considered by you as canned fruit cocktail but because it lacks the proper percentage of each type of fruit required to be classed as fruit cocktail it has to be called canned mixed fruit.

Commodities on Order

The following freight cars of commodities were ordered as of October 31 for delivery on or before the end of February:

Frozen Turkey	30 cars	Chicken, Cnd.	8 cars
Frozen Chicken	41 cars	Peanut Granules	6 cars
Canned Peaches	20 cars	Peanuts Roasted	6 cars
Turkey Rolls	15 cars	Pears, Cnd.	12 cars
Applesauce, Cnd.	10 cars	Shortening	7 cars
Beef, Froz. Grd.	8 cars	Tomatoes, Cnd.	5 cars
Butter	20 cars	Corn, Cnd.	10 cars
Cheese, Proc.	16 cars	Cranberry Sauce	9 cars
A. P. Flour	8 cars	Bread Flour	8 cars
Mixed Fruit	7 cars	Gr. Beans, Cnd.	7 cars
Dry Milk	5 cars	Peanut Butter	5 cars
Peanut Oil	4 cars	Peas, Cnd.	8 cars
Rice	6 cars	Beans, Veg. Cnd.	7 cars

Hoping that your having knowledge of what will be purchased by the USDA will assist you in your own purchasing.

Beef Patties

We have not placed orders for the above but advance information is that purchases will be made.

SAVE ENERGY

Government studies have proved poor kitchen habits contribute significantly to the amount of energy wasted in the United States. Here are helpful hints we hope will make you more aware of any potential energy-eaters existing in your cafeteria.

Range Cooking

On solid top ranges, preheat only about 10 minutes prior to use.

When using top of range cover it with pots. Place pans and kettles close together to prevent heat loss. Preheat each section independently at different temperatures.

Scrape range top with flexible metal spatula after each use.

Use non-warped pots and pans with flat bottoms.

Boil only the amount of water that is needed. Water boils faster in a covered pan.

Oven Cooking

Set thermostat to desired temperature when preheating ovens. It will not preheat faster at a higher temperature -- that only wastes energy.

Load and unload pans quickly. Fill the oven. Do not bake just one pan at a time.

Cook at low temperatures for energy conservation and greater quantity yield.

Slow roasting reduces meat shrinkage and conserves energy.

Keep oven door closed for faster cooking and loss of moisture. Avoid peeking. For every second that an oven door is open the temperature drops one degree.

Baking potatoes wrapped in foil wastes energy. They will bake faster if not wrapped. For much faster cooking potatoes may be parboiled and then baked.

Do not preheat oven for roasting or vegetable cooking.

Clean spillage spots on the oven deck to prevent uneven heating in deck ovens.

Water Heating and Dish Machine

Prerinse dishes and cooking utensils in cool water.

Stack prerinsed soiled dishes until enough have accumulated to warrant starting the dish machine.

Repair all leaky faucets. About 700 gallons per year will be wasted by one leaking faucet.

the breakfast pattern

FLUID MILK: One half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: A one half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: (One of the following or a combination to give equivalent quantities) Bread, whole-grain or enriched -- 1 slice, Cereal, whole-grain or enriched or forfigied -- 3/4 cup (volume) or 1 ounce (weight) whichever is less.

Protein rich foods are encouraged when they can be added to the menu.

type A menu requirements

The Type A lunch must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces (edible portion as served) of lean meat, poultry, or fish; or two ounces of cheese; or 1 egg; or 1/2 cup of cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of two or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full stength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

MILK: 1/2 pint.

AROUND THE WORLD IN 10 MENUS

JANUARY — FRENCH DAY



Riviera Ragout

Versailles Salad

Bonaparte Bread

Left Bank Fruit and Cheese Plate

Mais Oui Milk



MSFSA Notes

The 1977 Annual Massachusetts School Food Service Convention held in Boston was a huge success!

We all came home filled with enthusiasm and new ideas. Jackie Sporo our speaker from New York - gave a true insight into the problems that New York is facing.

We in Massachusetts must avoid such happenings -- therefore join your professional organization today!

In 1978 the 20 and 30 years pins and certificates will be awarded at the annual convention in October. To be eligible for a pin you must be a member of the Association. The certificates are awarded by the State Office. Please send names of eligible persons to:

Mrs. Shirlie Kristenson
42 Hawthorne Street
Westwood, Ma 02090

Mary P. Nagle
M.S.F.S.A. Public Relations
and Publicity

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